

## Pathfinder Elementary Physical Education Lesson for May 18-29

It is great to hear how Pathfinder students are staying physically active during “Stay Home. Stay Safe”. It’s important for kids and parents to make time each day to get moving to maintain good physical and mental health.

Families are riding bikes and taking walks, playing in the woods, and challenging themselves on backyard obstacle courses. They are playing with balls, racquets and other sports equipment they have at home. Keep it up!

**This is to offer another activity to get you moving *and* thinking. Hopscotch is a game that practices moving with control that requires mind and body working together. Parents, please read through the instruction with your child.**



*Hi, from Mr. Lindsay  
I can be reached by phone during my  
office hours:*

***Tuesday, 9:00 – 11:00 a.m.***

***Thursday, 7:00 – 9:00 p.m.***

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As a youngster, I played **Hopscotch** with my siblings while waiting for the bus, at school recesses, on the beach, and at camp. This shares the rules I have learned and use to make the game interesting in many ways. Multiple players each try to advance their markers with successful underhand throws into targeted squares followed by controlled hopping so to not touch lines while landing in all the corrected numbered squares. It is challenging in ways to help you learn and grow.

Before beginning your turn take time to think about where you must hop to and land to be successful. I like to call out the number of the square as I hop into it. As you play you will come to understand the challenges. Some of the moves may be too difficult based on the position of markers. There are many videos to view online of people playing the game with a variety of designs and rules. Of course, you can change the rules if you wish.

Have fun with the game. Share your story, photos or video of your experience playing the game. This sharing can be similar to how we used the “Body Parts Balls” to share after doing an activity. Have fun!

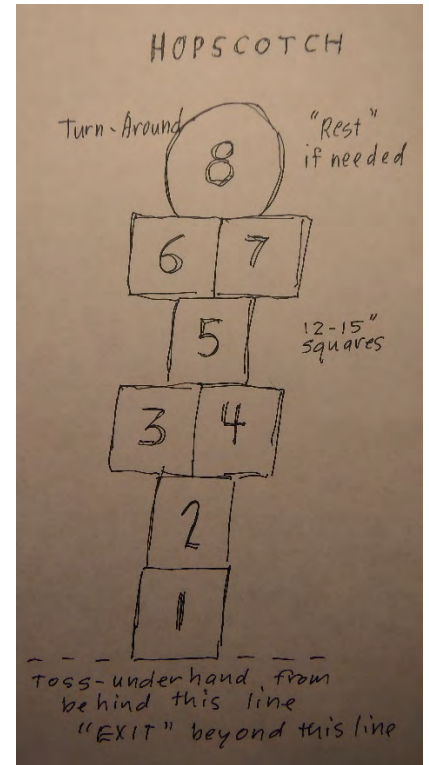
# HOPSCOTCH

By Mr. Lindsay's rules

**Hopscotch** is an old traditional game that still brings loads of fun while working to improve balance, flexibility and building stronger muscles and bones. Follow these instructions to create your own hopscotch at home, inside or out!

Hopscotch can be played with several players or alone. Try it with an adult to guide you until you learn to control your movements. To play:

1. Draw a hopscotch design like one shown here, a pattern of numbered squares. There are many design variations that can be viewed online. You can use masking tape on the floor (indoors, with parent permission). Chalk or a found soft sandstone can be used for drawing lines on asphalt or concrete. You can even etch the design with a stick, or your heel, into the dirt or gravel driveway. Suggested size of squares is 12-15 inches which makes it big enough for adults with bigger feet to play the game with you.
2. Take turns. Use an underhand throw to land a marker, (a flat stone, bottle cap, small beanbag, shell, button, plastic toy) in the targeted square. Each player should have a unique marker. Each player starts their game by throwing into square number 1.
3. Hop over (skip) the square(s) containing markers while avoiding landing on lines.
4. Land on two feet in side-by-side squares that do not contain any markers.
5. Continue all the way to the turn-around space (number 8) where you can choose to regain your balance and rest (call "rest" and place two feet down) if you wish or as is needed. This can give you a chance to plan your moves.
6. Reverse direction and avoid squares with markers in them.
7. Pick up your own marker from the next available higher numbered square and then continue to hop into any empty square(s) to exit. You can decide if you want to allow hand touches while reaching and picking up your marker. Variation; kids get to use hand touches and adults do not get to use hand touches.
8. All exits must be "clean". That is, landing beyond the entry line of square number 1.
9. Continue your turn by tossing to the next higher numbered square. If you hit the target, hop on. If you miss the target, place your marker into the square targeted and let the next player have their turn. Variation is to end your turn with your exit so to give the next player their turn.
10. A player ends their turn ("turn over") if;
  - their marker bounces out of the square when tossed,
  - they step on a line,
  - they land in a square containing a marker, or
  - they fail to step/hop into an "open" square (with no marker in it)
  - "turn over" must return their marker to the numbered square where they started their turn.
11. The first person to make their marker advance to number 8 turn-around wins. Variation is to return by reversing and counting back down to square number 1 to win. Or, kids go to number 8 to win and parents need to go to number 8 and return/count down to number 1 to win.



Be kind by helping to explain what movement is needed (which squares to land in) to successfully complete a turn. Encourage yourself and others to try your best. Don't give up! Try again. Strength and improved skills come with continued play. Have fun! Send pictures if you can and wish.