

 **WHAT IS IT? (RATIONALE)**

This activity helps students with sequencing, concentration, and laterality, all elements that help to promote good math skills.

 **GETTING STARTED (PROCEDURES & MATERIALS)**

This is a transition activity that is best accomplished using the existing floor tiles in the hallway or classroom. If your hallways are carpeted, clear plastic runners with a hopscotch pattern taped to the underside can be used. Have the children line up single file. Have them remain an arm's length between themselves and the person in front of them. When directed, they should hopscotch down the hallway, using the tiles as a guide. Start with each foot in a separate tile (tiles that are next to each other). Hop to the next tile landing only on the right foot. Jump to the next set of tiles with both feet. Hop to the next tile landing only on the left foot. Repeat this process as many times as you desire.



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 **ADAPTATIONS**

- A. Use different combinations of hopscotch steps such as: 2 feet, right, right, 2 feet or 2 feet, right, left, right, 2 feet, etc.
- B. Another way that the students could move is that when they land on 2 feet, they must cross their legs before landing or they must turn to a different direction (backwards, forwards, left, or right) or have the students design their own sequence combinations.
- C. For younger students, try having them practice their ABC's while hopping.
- D. "We did math problems. For example, teacher says "2+2=", the class responds aloud "4". Then the whole class hops on 2, hops on +, hops on 2, jumps on =, and then four jumping jacks. We also did ABC's and spelling words."

 **REMINDERS**

-  Be sure to check with other teachers in your area before putting the hopscotch board onto a carpeted hallway to avoid potential conflict with long term use.
-  Try to keep the students quiet and in control while doing this activity so as not to disrupt other classes.

DOMAINS ADDRESSED



**BODY IMAGE
LATERALITY
LANGUAGE**



**BALANCE
GENERAL COORDINATION
FOOT-EYE COORDINATION**



FLEXIBILITY



BEST EFFORT