

Hopscotch Games and Patterns

Eleven Points

The first player jumps as far as possible and puts the puck down where he/she lands, and then gets out of the way. Then the next player jumps from the beginning and puts the puck down where he/she lands, and so on until everyone has had a turn. Then the first one stands where his puck is and jumps again, and again puts the puck down to mark his/her place. When you get to the goal you have eleven points, and you start over at the beginning. The first one to get a hundred points is the winner. You are not supposed to run and jump but jump from a standing position. (See attached diagram.)

Swamp Hop Scotch

"Swamp" is not a simple game. You start hopping at 1 and go around to 14. Then you have to hop backwards, back to 1. The second time you use both feet and jump from 1 to 14 and then jump backwards back to 1. It's hard when you have to do it backwards. Of course, you can't step on a line at all and you can't step in the middle because the middle can be a swamp or a river or any place terrible, like with crocodiles. (See attached diagram.)

Ladder

This hopscotch game is played with no numbers and no puck. First you hop up and back, hopping in each square and you can't put your other foot down even when you are turning around to come back. The next time you skip every other square. Then you skip two squares, and then three and so on. It gets harder and harder. If you say at the beginning "no hands" then nobody can touch the ground with a hand for balance. Or you can say "no toesies" which means you can't put out a toe to touch the ground for balance. "No leg foot" means you can't balance even by throwing a leg to one side. The winner is the one who can skip the most number of squares without missing. Then you can play it all over again, using both feet, jumping instead of hopping. (See attached diagram.)

Snail Hop Scotch (1.8m Radius)

Snail is played the same as "Ladder" first hopping in every square, then in every second square, then in every third one and soon only the place called "Home" is the beginning. First you start at the outside and hop into home. Then you hop out of Home and around to the outside and back to home for the first part. It's like running away from home to get lost and then wanting to get unlost and back to home again. The second game you do it on two feet, jumping. (See attached diagram.)

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Plain Hop Scotch (18" or 45cm X 24" or 60cm Squares)

A general way to play all the regular hopscotch games is to use pucks, hop in each square that's in a row and jump with one foot into each of the squares that are side by side. You pick up your puck on the way back and throw it to the next number after you've gone through the game each time. A miss is when you step on a line, step in a square where a puck is, or fail to throw your puck in the right square. (See attached diagram.)

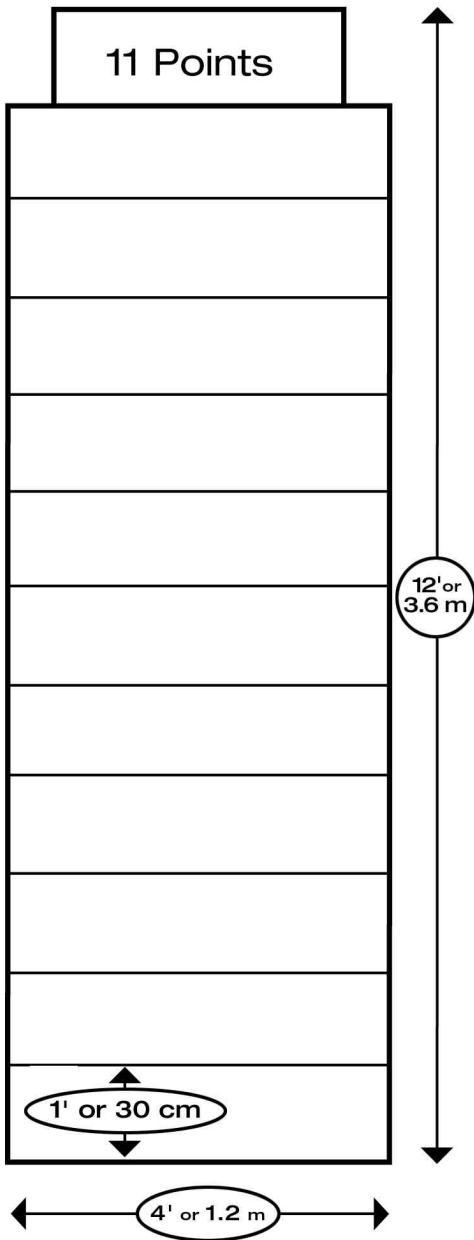
Four Square

Four players play the game but others should be in line for a turn as players are eliminated. The court's four quarters are lettered A, B, C and D. A service line is drawn diagonally across court A, which is the service area. Player A serves the ball, which must be served underhanded by dropping the ball to the ground and then batting it underhanded with one or both hands to B, C, or D, on the bounce. It is a fault to step on or over the service line in A. If the serve hits a line, it must be taken over. The player receiving the volley must keep the ball in play by striking the ball after it has bounced once and direct it towards some other square. Play continues until one player fails to return the ball or commits a fault. A player who misses or faults must move to the rear of the line waiting for a turn, while the other contestants advance counterclockwise one square (for example, if B faults, player C moves to B, D to C and B goes back to the end of the line.) A new player moves into D. (See attached diagram.)

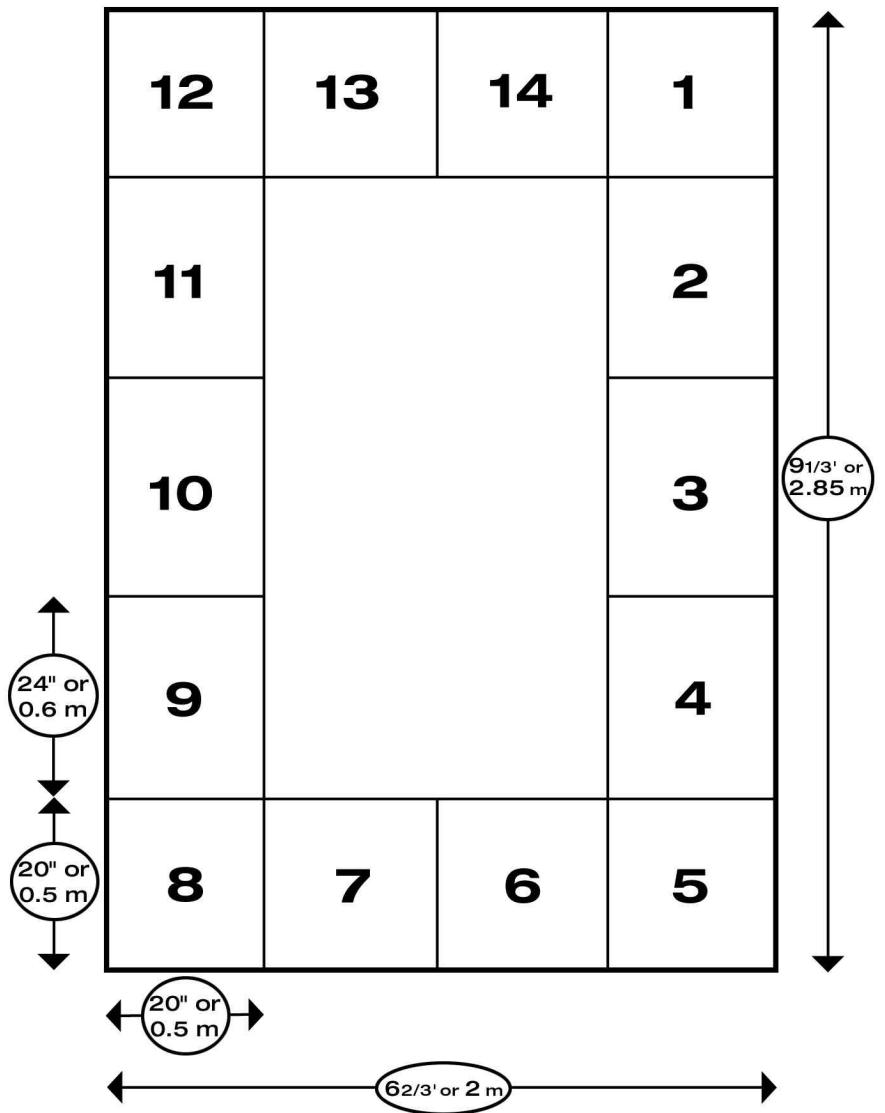
Faults for Four Square:

1. Failure to return the ball to another square.
2. Striking ball with fist or hitting it overhand.
3. Causing ball to land on a line except on serve.
4. Allowing the ball to touch any part of the body except the hands.
5. Catching or carrying on return volley.
6. Stepping on or over the service line while serving.

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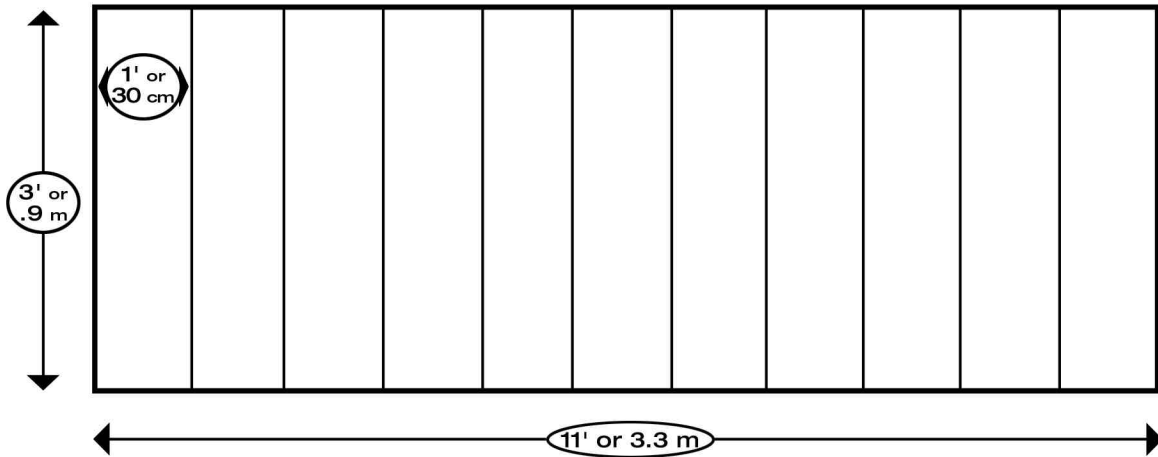


Swamp Hop Scotch

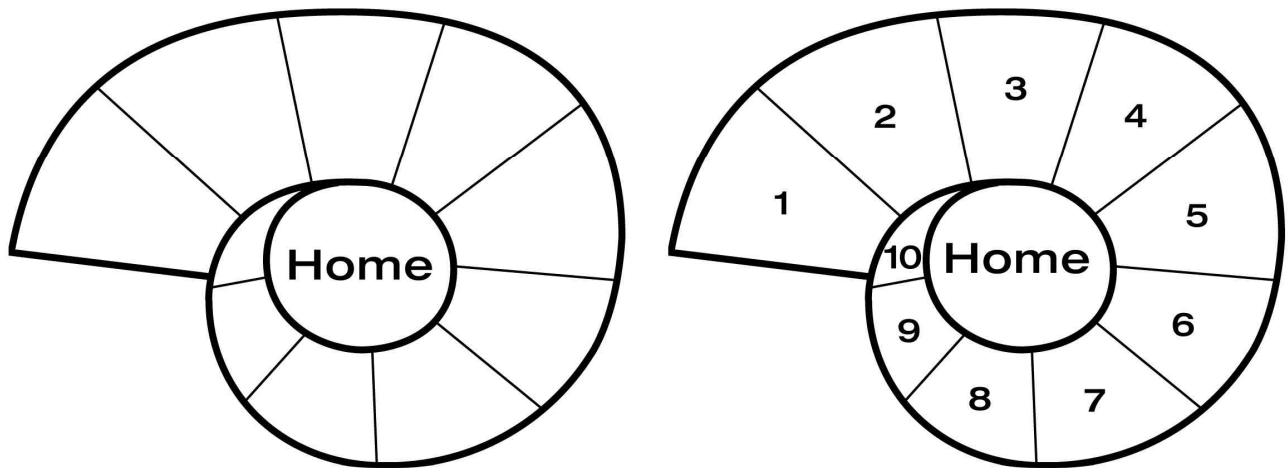


Hop Scotch Games and Patterns

Ladder

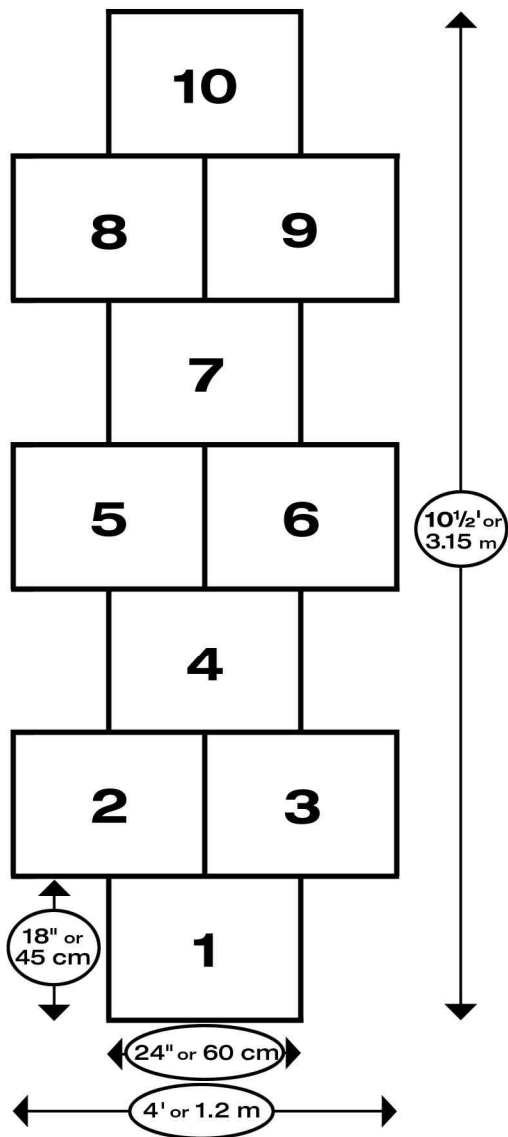


Snail Hop Scotch

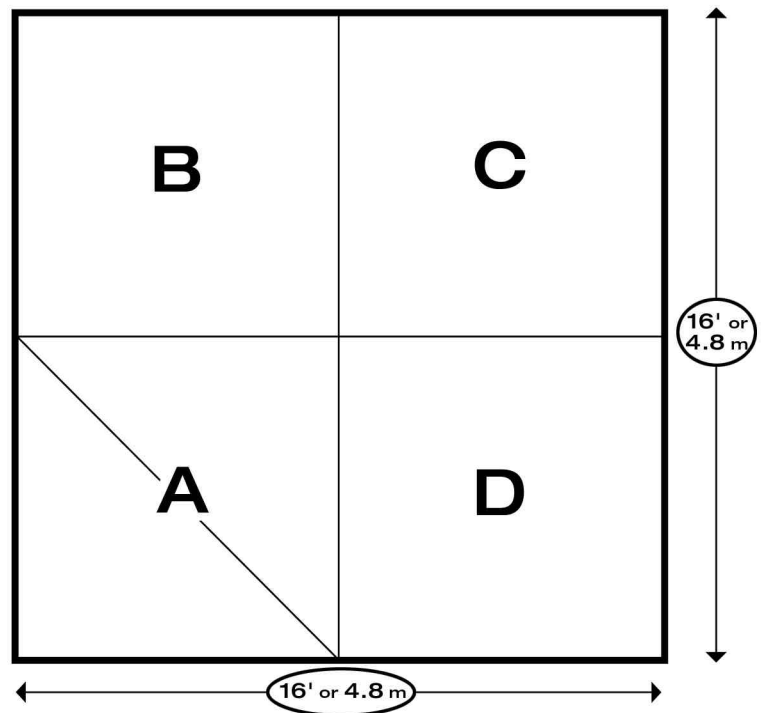


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Plain Hop Scotch



Four Square



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	