

Take the Challenge

Hand-Foot Hopscotch

 10 Minutes



Instructions:

1. Cut out the hopscotch game cards.
2. Set up the cards on the floor in 3 columns and 8 rows.
3. Stand in front of the cards, they should be facing you.
4. Set a timer and begin to hopscotch across the game board by matching your hands and feet to the corresponding game cards.
5. How long did it take you to get across the board?
6. Can you get all the way down the rows without making a mistake?
7. Try it 3 times and then reset the board by shuffling the cards and moving them into a different order.
8. Repeat this fun hopscotch game as many times as you'd like!

OVERVIEW

Race to complete this fun version of hand-foot hopscotch!

SUPPLIES NEEDED

- Scissor
- Timer

ONLINE RESOURCES

- Printable hopscotch game cards



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Week 7
Monday

Take the Challenge