

ACTIVITY HOPSCOTCH

all you need is sidewalk chalk!

SQUAT
5
TIMES

5 JUMPING JACKS 5 FROG JUMPS

1. GRAB SOME SIDEWALK CHALK AND DRAW OUT YOUR HOPSCOTCH OUTLINE HOWEVER YOU LIKE!
2. FILL IN EACH OF THE HOPSCOTCH SPOTS WITH AN EXERCISE ACTIVITY CHALLENGE - THIS CAN BE WHATEVER YOU LIKE (SOME EXAMPLES ARE LISTED ABOVE)!
3. FIND A SMALL ROCK AND THROW IT TOWARDS ONE OF THE HOPSCOTCH SPOTS.
4. HOP ON ONE FOOT THROUGH THE SPOTS, BUT SKIP THE SPOT THAT THE SMALL ROCK IS SITTING ON.
5. ON YOUR WAY BACK - PICK UP THE ROCK FROM THE SPOT.
6. WHEN YOU MAKE IT BACK TO THE START, COMPLETE THE ACTIVITY LISTED IN THE SPOT (5 SQUATS, ETC.)

KEEP PLAYING AS LONG AS YOU LIKE!