



Hopscotch in New Ways

Change the spaces and discover new ways to jump, tiptoe, and move.

Helps Your Child Grow



Gross Motor

Trying one-foot jumps, two-foot jumps, longer leaps, and tiptoe steps gives your child experience using their body in different ways.



Cognitive Self-Regulation (Executive Functioning)

Remembering what each space means and changing the movement to match gives your child practice adjusting an action to a simple rule.

Steps

- Use chalk to draw several rows of hopscotch spaces.
- Warm up with the familiar pattern: demonstrate one foot in a single space and two feet in side-by-side spaces, then invite your child to try.
- When the basic path feels familiar, change one feature to introduce a new movement.
- Draw some spaces farther apart and challenge your child to jump a little farther.
- Add a dot inside selected spaces and explain, "Tiptoe on every dot." Explore how tiptoeing feels.
- Use different colors and say, "This time, jump only on the red spaces." Watch how your child plans the next step.
- Demonstrate each new movement once, then give your child time to practice it across the path.

Tips

- Add only one variation at first. When your child understands that rule, introduce another so the path remains easy to follow.

Observations

- Uses more than one movement to reach the next space, such as hopping or tiptoeing
- Changes their movement to match the next space