

Two simple things are required to get started in this game: some chalk and an outdoor space so that the children can draw out the squares of the court to be jumped in. There are usually ten rectangular boxes. A common pattern is: three squares side-by-side placed over those ; then a single one, with two other side-by-side squares above it.

One more square is drawn above the others and finally the last square called «home».



Hopscotch can be played with several players.

The first player starts by throwing his own marker into the first square (usually a pebble or a little stone).

The player must hop on just one foot in each square until the end of the court and hop back without stepping into the marked box.

He can put both feet on the ground in two side-by-side squares.

Once he has reached the square that contains his marker, he must pick it up, keeping the balance, and go back to the starting point. If a line is trampled on or if the balance is lost, the turn will pass over to the next player.

The player who first succeeds in marking all the squares with own stone wins the game.



Jump Rope Game



Jump rope can be dated back to 1890.

Today it is not only a playground activity but it is also considered as the most beneficial form of exercise a person can do.

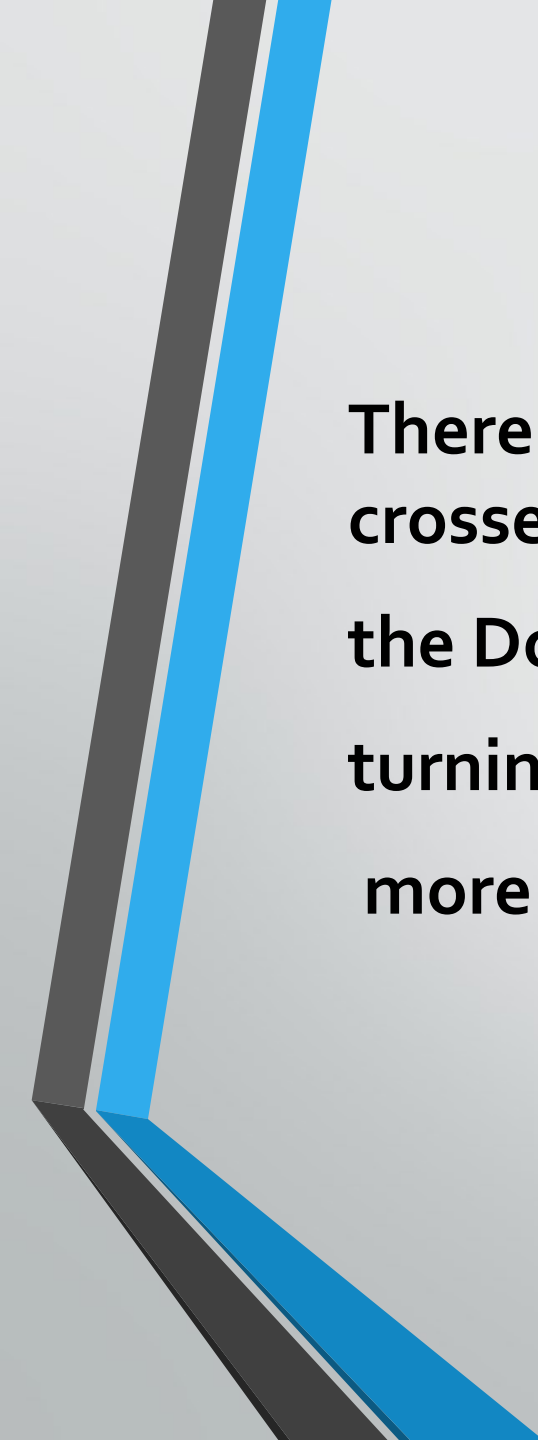


Jump rope promotes coordination, good health, confidence and leadership skills that last a lifetime.

It usually involves a single person or more, jumping over a rope that is being swung.

The players make sure that they successfully let it pass under their feet and above their head while the rope is being swung.





There are many types of jumps , including single, double or crossed feet. One of the most common technique used is the Double Dutch in which two long jump ropes turning in opposite directons are jumped by one or more players.