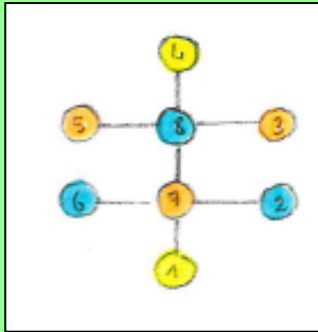


Family : PLAY

# 1

Disc hopscotch



30 minutes of daily exercise at school

What do I need to do ?



Jump feet together, in each area, following the order of the numbers.

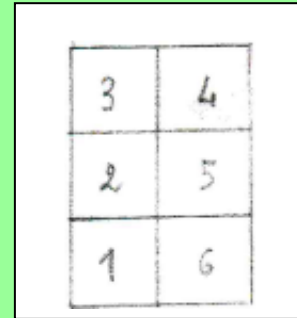
If I still want to :

- ❖ I start with 2 then 3...until 8
- ❖ I jump right or left foot

Family : PLAY

# 2

Simple hopscotch



30 minutes of daily exercise at school

What do I need to do ?



Jump feet together, in each area, following the order of the boxes.

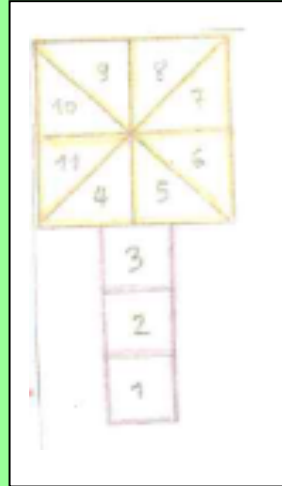
If I still want to :

- ❖ I start with 2 then 3...until 6
- ❖ I jump right or left foot
- ❖ By throwing a puck into a square to be avoided (forbidden square)

Family : PLAY

# 3

Jumping hopscotch



30 minutes of daily exercise at school

What do I need to do ?



Jump feet together, in each area, following the order of the numbers.

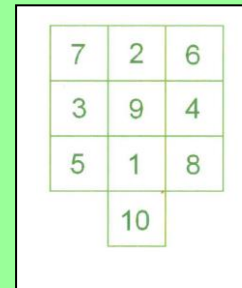
If I still want to :

- ❖ I start with 2 then 3...until 11
- ❖ I jump right or left foot into every square
- ❖ I jump in triple steps from 4 to 11
- ❖ By throwing a puck into a square to be avoided (forbidden square)

Family : PLAY

# 4

The square



30 minutes of daily exercise at school

What do I need to do ?



Jump feet together, in each area, following the order of the boxes.

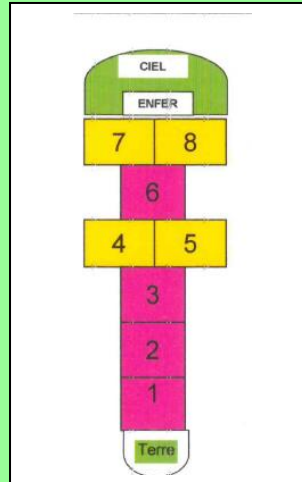
If I still want to :

- ❖ On one foot
- ❖ On the other foot
- ❖ Without moving the feet after landing in the box.
- ❖ By throwing a puck into a square to be avoided (forbidden square)

Family : PLAY

# 5

Aeroplane hopscotch



30 minutes of daily exercise at school

What do I need to do ?



Jump feet together into each pink square and legs apart in 4/5 and 7/8.

Turn around and go back out following the order of the squares

If I still want to :

- ❖ Right foot
- ❖ Left foot
- ❖ By throwing a puck into a square to be avoided

Family : PLAY

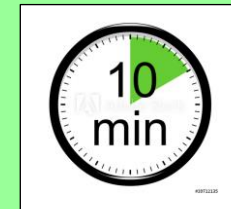
# 6

Skipping rope: simple part

30 minutes of daily exercise at school



What do I need to do ?



Spin the rope and do jumps, feet together when the rope reaches the ground.

Do 5 jumps then 10 jumps without stopping.

If I still want to :

- ❖ Right foot / Left foot
- ❖ Forwards, backwards
- ❖ With the rope turning backwards
- ❖ Slowly or quickly
- ❖ Breaking records, e.g. more than 10 jumps

Family : PLAY

# 7

Skipping rope: the mill

30 minutes of  
daily exercise at  
school



What do I need to  
do ?



Start a simple part (several jumps) and rotate the rope to one side then resume the simple part, all without stopping.

If I still want to :

- ❖ Right foot / Left foot
- ❖ Moving forward
- ❖ Slowly or quickly
- ❖ Repeat the pattern several times

Family : PLAY

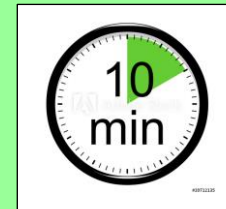
# 8

Skipping rope: crosses

30 minutes of  
daily exercise at  
school



What do I need to  
do ?



Link a few jumps and cross your arms to jump into the space left by the rope, then uncross your arms to continue the simple part.

If I still want to :

- ❖ Right foot / Left foot
- ❖ Repeat the pattern several times

Family : PLAY

# 9

Skipping rope: swinging

30 minutes of  
daily exercise at  
school



What do I need to  
do ?



Swing the rope back and forth and jump feet first  
when it reaches my feet.

If I still want to :

- ❖ Right foot
- ❖ Left foot

Family : PLAY

# 10

Skipping rope:  
the shank cutter

30 minutes of  
daily exercise at  
school



What do I need to  
do ?



Spin the rope at ground level. Another child  
jumps when the rope reaches him/her.

If I still want to :

- ❖ Right foot
- ❖ Left foot