

Frubes HOPSCOTCH CHALLENGE

MATERIALS NEEDED:

A pack of chalk, a marker, (sponge, mini bean bag or a rolled up sock), a stop watch.



1. Draw a hopscotch on your driveway or pavement. To make the game more fun and challenging, draw your hopscotch in the shape of a snake, with bends and twirls! Take inspiration from the image above.

2. Write instructions in each square for you to carry out when your marker lands there (such as star jump, spin, jump on one leg, snap your fingers 3x... be as creative as you like! The sillier your ideas are, the more fun you will have!)

3. Stand at the start line and get ready for the Frubes Hopscotch Challenge! Use the same Hopscotch rules as in the Petits Filous Challenge. Have a friend measure the time it takes you to finish the course with a stopwatch.

4. Take turns with your friends and see who can finish the Frubes Hopscotch Challenge the fastest!



**Petits
Filous**

CALCIUM + VITAMIN D
FOR HEALTHY BONES

MATERIALS NEEDED

A pack of chalk, a marker,
(sponge, mini bean bag or a stone).



**Petits
Filous**
HOPSCOTCH
CHALLENGE



STEP 1 Draw a hopscotch on your driveway or pavement - ask an adult for help if needed. (Start with a single square followed by two squares next to each other until you have 10 numbered squares).

STEP 2 Throw your marker on to the first square. If you miss the square you have to give your go to the next friend.

STEP 3 Hop on one foot into the first empty square and then continue on jumping and hopping into the empty squares, making sure to miss the one with your marker on. At the pairs jump with both feet.

STEP 4 When you reach the end, turn around whilst on one leg and hop back to the start.

STEP 5 When you get to the square with your marker, pick it up – still on one foot – and complete the course.

STEP 6 On your next go, throw your marker into the next square until you have completed all ten.



STEP 7

THE FIRST PLAYER TO COMPLETE ALL
10 SQUARES WILL BE THE WINNER.

I AM
TEAM GB