

ROCK @ CAMDEN

Activity Name: Hopscotch & 4 Square

Description of Activity and Performance Objective.

Fun and easy activities your children love playing at school you can create at home with tape! These activities will get your kids moving and have some fun.

Identify and gather necessary equipment including quantity

- Tape
- Bouncy Ball

Step-by-Step instructions.

Use any type of tape you have to create **hopscotch**. It does not have to be perfect.



1. Throw a small beanbag, button, plastic toy, anything to land on square one. It has to land inside the square without touching the border or bouncing out. If you don't get it within the lines, you lose your turn and pass the object to the next person. If you do get it, however, go on to the next step.
2. Hop through the squares, skipping the one you have your marker on. Each square gets one foot. Which foot you start with is up to you. You can't have more than one foot on the ground at

a time, *unless* there are two number squares right next to each other. In that case, you can put down both feet simultaneously (one in each square). Always keep your feet inside the squares. If you step on a line, hop on the wrong square, or step out of the square, you lose your turn.

3. Pick up the marker on your way back. When you get to the last number, turn around (remaining on one foot) and hop your way back in reverse order. While you're on the square right before the one with your marker, lean down (probably on one foot still!) and pick it up. Then, skip over that square and finish up.

Use any type of tape for **4 Square** it does not have to be perfect.



This example is not created with tape, but the idea is exactly the same just with tape in your backyard or inside home.

Regular 4 Square Rules

- Server (King) must put one foot behind the service line
- Everyone must Hit UNDERHAND
- Ball must bounce ONCE and only ONCE in your square before your strike it (including on serves)
- If someone makes a mistake you rotate up and that person goes to the back of the line (outside the #1 square)

- Server takes care of any arguments (unless it involves the server – then vote or play rock paper scissors)
- Inside lines are out, Outside lines are in
- You can move anywhere outside the square or in your section of the square
- If it bounces in your square you MUST strike it
- Server Must Ask “Are you Ready” before serving
- No Carrying, Stalling or Holding – you must Strike / Hit the ball

Just to Clarify... You are out if...

- The ball in your square bounces 2 times or you hit it before it bounces
- You hit the ball out of bounds
- You hit the ball to an inside line
- You hit a ball that was another players ball (it bounced in their square and you hit it before it bounced a 2nd time)
- A ball bounces in your square an you are unable to get to it before it bounces a second time

Note: There are TONS of 4-square variations

