

part of the Cornwall Virtual School Games

## ACHIEVE THE CHALLENGE:

The aim of this challenge is to use the same hopscotch as the 'Hop Little Bunny' challenge and throw a bean bag/object into the numbered squares to score points.

## HOW TO PLAY:

1. Use the same 5-stage hopscotch as the previous 'Hop Little Bunny' challenge or create one on the floor from numbers one to seven like the image.
2. Ensure you have someone to time your 60 seconds and add together the numbers your object lands in.
3. Stand before the number 1 and throw your object into one of the boxes, complete the hopscotch to collect your item and bring it back to where you started.
4. Remember one foot only in numbers 1, 4 and 7 and 2 feet in numbers 2 & 3 and 5 & 6.
5. This time you turn and come back on the number where your object landed. So, if you only threw it into number 1 you hop to number 1 and back to where you started.
6. You earn the number of points in the box your object landed in but only get these when you get back to where you started.
7. Turn and go again completing as many as you can in 60 seconds.



## ADAPTATIONS FOR AGE/ABILITY

- If you have no chalk be creative with marking the hopscotch out. You could use sticks, paper, cardboard, towels etc...
- Encourage teamwork with the partner encouraging the participant to keep going for the full 60 seconds.

## EQUIPMENT

- Chalk to mark a 5-stage hopscotch, try and have one numbered square to be as close as possible to 40cms square.
- A bean bag, rolled up socks or object to throw into the numbered squares.
- Stopwatch to time 60 seconds.
- Partner, brother, sister, parent etc.. to time you and total the numbers of where your object lands.

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## SAFETY

- Make sure the playing area is safe with space around.
- Ensure the participant stays clear of the partner and adheres to the 2m rule if from a different household.



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## SCORING

You score the number of points in the square where your object ends up and are only awarded these points when you return with your object to where you started.

The total points scored is the total number of all the goes you complete in 60 seconds.

## TIPS

- Ensure you practice the challenge and your throwing skills before you complete the challenge for real.
- Pace yourself so you keep going for the full 60 seconds.

## SCHOOL GAMES VALUES:

Don't forget to try and demonstrate the School Games values whilst you complete this challenge. There are six values; Respect, Honesty, Passion, Team-Work, Determination and Belief.

