



Motion Minute: Number Hop Scotch



Have some fun practicing jumping at home!

Write or have your child colour a set of numbers from 1 to 10.

Tape the numbers to the floor so they don't slide around and then practice jumping from number to number with your child.

Show them how first, then count the numbers out loud as they jump.

For older children, move the numbers around into different patterns and have them find the next number in the sequence and jump on it.

