**4 Square Hop**

**Grade Level:** K-6

**Skills:** Hopping, listening, following directions and sequencing.

**Objective:** Students will move their bodies under control while listening to directions. They must do two things at once.

**Equipment:** None

**Organization:** Students are in squads or a scatter formation and use the tiles on the floor.

**Activity:** Students will use four tiles on the gym floor. The upper left square will be square three followed by the upper right square being square four, the bottom left being square one, and the bottom right tile being square two. The students should begin in square one on their left foot. Then they follow your instructions, such as, 1,2,4,3,1,2,2,3 and stop.

**Variations:** Have younger students jump off of two feet. Have older students call out their own number or partner up. Use poly spots or draw out a diagram for the students to see.

**Closure:** What leg was it harder to hop on?

How was it doing two things at once? Is it possible for the mind to multi-task?

Sample sequences: Jump with two feet on the following numbers:

1-2-3-4-3-2-1-off

1-2-1-2-3-4-3-4-off

1-4-3-2-1-4-3-2-off

Using either leg, hop on one foot on the following numbers:

1-2-3-4-3-2-1-off

2-4-3-1-1-3-4-2-off

Using either leg perform the following sequences as fast as possible:

1-2-3-4-1-2-3-4-1-2-3-4-off

4-1-3-2-4-1-3-2-off

1-2-1-2-1-2-1-2-3-4-3-4-3-4-3-4-off

**Health:** Is it important for students to be able to complete hard tasks? Why or why not? Can you think of a time when you could not complete a difficult task? What could you change next time to help you complete that task? Can you do two things at once? Is it harder for you to multi-task? Discuss with a partner.

**Piloted at:**  Valley View and Doxey