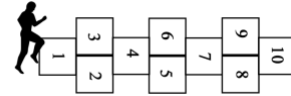


Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities

Triple Jump Hopscotch

Objectives: To develop dynamic balance, coordination, and rhythm required for the triple jump



Description: Draw a hopscotch grid with 10 numbered boxes. Line up in front of the hopscotch grid. Toss a marker into square 1. Hop over square 1 and hop through all the other squares on one foot. At the end of the grid, turn around and jump all the way back on one foot, pausing to pick up the marker from square 1 and finish jumping back to the start. Next throw, the marker into square 2 and go again and skip jumping in square 2. Continue to repeat until you have completed the hopscotch grid with the marker in every square. When there are two free squares side by side, land one foot in each square at the same time before continuing on one foot.

RULE: If you step into the square with the marker, touch any lines, or touch the ground with any body part other than the one foot, you must start again at square 1.

Variations: Try different hopping actions to go through the course: (1) left foot, (2) right foot, (3) alternate feet, (4) feet together, (6) hopping backwards.

Equipment: Make your own hopscotch grid with chalk

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