**Ages 5-10**

**HOPPING CHALLENGE**  
This can be played in a circle, a line, or as a “Bunny, Kangaroo or Froggie Says\_\_\_\_” game.  
Give children a variety of “hopping” commands such as:

* Hop in one place.
* Hop and turn in a circle at the same time.
* Hop on left/right foot.
* Hop backwards, sideways; make a square or circle.
* Hop over a line.
* Hop with a partner.
* Hop quietly to line up.