

Sunflower Hopscotch Physical Activity

A colourful and bright variation of the traditional hopscotch game with leaves as the stepping squares.

What you need:



🔅 Coloured Chalk – white, dark green, light green, yellow and orange.

Step one

Use orange chalk to draw the sunflower head.

Step two

Use yellow chalk to draw 8 petals around the sunflower head.

Step three

Use dark green chalk to draw the stem.

Step four

Using dark and light green chalk, draw 9 leaves down the stem.

Step five

Use white chalk to number each leaf starting from the bottom of the stem finishing with the number 10 in the sunflower head.





How to play

Throw a small stone, twig, beanbag, or other marker into the first square

Hop on one foot into the first empty square, and then every subsequent empty square. Be sure to skip the one your marker is on.

At the pairs (2-3, 5-6 and 8-9), jump with both feet.

At 10, hop with both feet, turn around, and head back toward the start.

When you reach the marked square again, pick up the marker – still on one foot! – and complete the course.

If you fall, jump outside the lines, or miss a square or the marker, you lose your turn and must repeat the same number on your next turn. Whoever reaches 10 first, wins.



Don't forget to send us a photo of your creation! Upload it via our website or email it to sunflowers@daltons.co.nz

