

## Hop, skip, and jump – How to do it.

The '50 Things to Do Before You're Five' activity, 'Hop, skip and jump' is a fantastic way for young children to explore movement and have fun. Whether they love to hop, run, crawl, skip, jump, or twirl, give your child plenty of chances to practise and enjoy being active. Movement is not only fun – it is a big part of how children learn and grow.

### Create a simple obstacle course:

- Hop like a bunny from one cushion to the next.
- Crawl through a tunnel made from a blanket draped over chairs.
- Jump over a soft hurdle (like a rolled-up towel).
- Balance along a line of tape on the floor.
- Spin in a circle, then run to the next station.
- Throw a soft toy into a basket before touching the floor.
- Skip to the finish line.



### These activities help your child as they:

- Encourage physical development – Builds strength, balance, and coordination through fun, active movement.
- Boost brain and thinking skills – Encourages problem-solving, memory, and focus as children navigate challenges.
- Develop language and communication – Children learn new words, follow instructions, and talk about what they are doing.
- Builds confidence and creativity – Completing tasks builds self-esteem, while imaginative play sparks creativity.



# Talking Together in Cambridgeshire's Festival of Stories

## Hop, skip, and smile!

One sunny morning, Lily looked out the window and saw the garden glowing with sunshine. "Daddy!" called Lily. "Can we play something fun outside?" Dad smiled. "How about hopscotch?" Lily's eyes lit up. "Yes, yes! Let's do hop, skip, and jump!"

They went outside with a box of colourful chalk. Daddy drew big squares on the patio – one, two, three, all the way to ten. Lily helped colouring in the numbers with bright pinks and blues. "Ready?" Daddy asked.

Lily nodded and threw a little pebble onto square number one. Lily then hopped on one foot, skipped to the next, and jumped with both feet. "Hop, skip, jump!" Lilly giggled. Daddy had a turn too, but wobbled a bit and made silly faces, and Lily laughed so hard they fell over in the grass.

They played again and again, taking turns, counting the numbers, and making up funny hopping songs.

When they were tired, they lay on the grass and looked up at the clouds. "That was the best hopscotch ever," Lily whispered. Daddy gave them a hug. "The best part was us playing together."

