Learning Module: Hopscotch

Healthy Body
I will participate in Hopscotch games to keep my body healthy.

Healthy Mind
I will talk about reasons that I enjoy being physically active.

Enjoyment & Challenge
I will use positive words to encourage myself and others.

Building Skills
I will perform movement activities with balance and control.

Why are we learning this?
Hopscotch is a playground game that has been played for hundreds of years. This module is designed to teach young students this classic game as a way to be active with friends and family outside of physical education class. In this module you will:
- Practice jumping, hopping, galloping, and skipping.
- Learn the rules for Hopscotch.
- Enjoy being physically active with others.