

# HOPSCOTCH

## Checklist for Learning

### Students and families:

During the next 4 weeks, we will be learning and playing Hopscotch. This activity is excellent for developing motor skills while having fun! Hopscotch is one of the oldest sidewalk games in our culture, but many people don't know the official rules. The team at OPEN has put together a [YouTube video](#) and [printable page](#) to help explain exactly how to play.

Keep this page in a safe place. It's a checklist of everything that you will need to complete during this 4-week *Hopscotch* experience! But, if there's ever a time when you need a copy of our learning materials, you can visit: [OPENPhysEd.org](https://openphysed.org) to download activity pages, assignments, and watch video demonstrations of the learning activities that we'll be using in physical education class.

### Grades 3-5 Physical Education Checklist for Hopscotch

CHECK	WEEK 1 of 4
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week.
WEEK 2 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week.
WEEK 3 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week.
	Play Hopscotch outside of class with a friend or family member.
WEEK 4 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week.
	Play Hopscotch outside of class with a friend or family member.

[Watch the Hopscotch YouTube video.](#)