*WEEK 1 of 4*

**Leader**: A person who guides or influences others.

*Sammi was a* ***leader*** *in her class and set a good example for her classmates to follow.*

**Traditional Hopscotch: [**[**YouTube**](https://youtu.be/R5_EKMifUqg)**]**

Draw a Hopscotch Course. Each player needs a marker (beanbag). [[For Full Hopscotch Rules Click Here.]](https://openteachers.org/hopscotch)

Toss and retrieve your marker from each square, in order 1-10. The first player to retrieve from Square 10 wins. Hop in single squares on 1 foot. Jump in double squares landing on 2 feet (1 per square). Take turns after each square is complete. Modify for young beginners by eliminating line or jumping fouls.

*WEEK 1 of 4*

**Mindful:** Being aware of your surroundings and what is happening in the present time and place.

*Akinyi stayed* ***mindful*** *as she walked by paying close attention to the sights and sounds of the playground.*

**Balance and Breathe Mindfulness Walk: [**[**YouTube**](https://youtu.be/P7Uv-SG5gRw)**]**

We’re going to wrap up today by walking on the lines of the hopscotch course. Find a space on the lines that is safely distanced from other students.

On the start signal, try to balance on the line as you walk with 1 foot in front of the other (heel to toe). As you walk, focus on slowly breathing in and out. Be mindful of your breathing and your movement.

*WEEK 1 of 4*

**Clockwise:** Movement that goes in the same direction as the hands of a clock.

*The students all moved* ***clockwise*** *around the hopscotch course to avoid bumping each other.*

**Around the Blocks Tabata: [**[**YouTube**](https://youtu.be/i8fjsihPVP0)**]**

When the music plays, SPEED WALK clockwise around the hopscotch course.

When the music stops, slow down to a walking pace and continue walking clockwise around the course.

When the music starts again, continue SPEED WALKING.