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]
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**.

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**Purposeful Practice**

**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]
Draw a Hopscotch Course. Each player needs a marker (beanbag). [For Full Hopscotch Rules Click Here.]

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.

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**Just for Fun (and health)**

**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]
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.