



HOPSCOTCH

— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 2 of 4

Balance: An even distribution of weight that allows someone or something to stay upright and steady.

*Sandra was able to keep her **balance** as she hopped and jumped safely through the hopscotch course.*

Around the Blocks Tabata:

[\[YouTube\]](#)

When the music plays, GALLOP 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 GALLOPING.

Purposeful Practice

WEEK 2 of 4

Challenge: Something that is difficult and tests your skill and knowledge.

*Franklin loved the **challenge** of keeping his balance while moving through the hopscotch course.*

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 turn after each square is complete. Modify for young beginners by eliminating line or jumping fouls.

Just for Fun (and health)

WEEK 2 of 4

Breathe To move air into and out of the lungs.

*Kent reminded himself to **breathe** deeply and focus on positive words and actions.*

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.