*WEEK 4 of 4*

**Choice:** The act of deciding when faced with two or more options.

*Eliana made the* ***choice*** *to be physically active with her friends instead of watching YouTube all day.*

**Student Choice of Hopscotch Game:**

Today you can choose which hopscotch game you want to play!

Choose from:

* Traditional Rules [[YouTube](https://youtu.be/R5_EKMifUqg)]
* Fruit & Veggie [[YouTube](https://youtu.be/i9VadiEc2y0)]

*WEEK 4 of 4*

**Practice:** To repeat an action or activity with the purpose of improving a skill.

*Hopscotch is a good way to* ***practice*** *moving with balance and agility.*

**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 4 of 4*

**Physical Activity:** Any movement that uses the body’s energy.

*Hopscotch is a fun* ***physical activity*** *that you can play with friends.*

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

When the music plays, SKIP 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 SKIPPING.