



HOPSCOTCH

— OPENPHYSED.ORG —

Brain & Body Warm-Ups

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:

[\[YouTube\]](#)

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.

Purposeful Practice

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 [\[YouTube\]](#)
- Fruit & Veggie [\[YouTube\]](#)

Just for Fun (and health)

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: [\[YouTube\]](#)

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.