

HOPSCOTCH

Teacher Talk

[Week 1 Sample Script]

Brain & Body Warm-Ups

Today is the first day of our Hopscotch module. We're going to learn the rules of Hopscotch and play a game with our classmates. But first, let's warm up our bodies with a game called Around the Blocks Tabata!

The music will play for 20 seconds. While it plays, we'll speed walk around all the blocks of our Hopscotch Court. We'll move clockwise, or in the same direction as the hands of a clock. When the music stops, we'll slow down our pace to a slow walk. When the music starts again, we'll speed walk.

Purposeful Practice

Now it's time to learn the traditional rules of Hopscotch. The object of Hopscotch is to toss and retrieve your marker from each hopscotch square. Your first toss will be in square 1, then square 2, and so on, until you finally reach square 10. The first player to toss and retrieve from Square 10 wins the game. Take turns with your classmates after each toss and retrieve.

To retrieve the marker, hop or jump into every empty square, skipping the square where your marker has landed. In this case, hop on 1 foot into Square 2 (the first empty square), and then hop and jump through the course. At Squares 4-5 and 7-8, jump and land with both feet straddled in the 2 squares (i.e., one foot in 4 and the other in 5).

At Square 10, jump and land in the square with both feet, then jump and make a 180-degree turn so you're facing back down the course. Hop and jump back through the course stopping and balancing in the square just before your marker. Then, bend over to pick up your marker while balancing in the square. In our example, hop into Square 2 and stay balanced on 1 foot while you bend over and pick up your marker in Square 1. Next, hop through the rest of the course to the end.

A jumping foul is made if you fall, jump outside/on the lines, miss a square, or drop your marker at any time. If a foul is made the turn is lost and the same number must be repeated on the next turn.

Just for Fun (and health)

Wow – that was fun! Now it's time to refocus and get ready to go back into your classroom. Our Balance and Breathe Mindfulness Walk will help us.

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.