**BRAIN & BODY WARM-UP**

**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 1**

[[YouTube](https://youtu.be/i8fjsihPVP0)]

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.

**BRAIN & BODY WARM-UP**

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

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

**AROUND THE BLOCKS TABATA 2**

[[YouTube](https://youtu.be/i8fjsihPVP0)]

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.

**BRAIN & BODY WARM-UP**

**Counter-Clockwise:** Movement that goes in the opposite direction as the hands of a clock.

*On the change signal, the students switched from moving clockwise around the hopscotch course to moving* ***counter-clockwise****.*

**AROUND THE BLOCKS TABATA 3**

[[YouTube](https://youtu.be/i8fjsihPVP0)]

When the music plays, SIDE SLIDE counter-clockwise around the hopscotch course.

When the music stops, slow down to a walking pace and continue walking counter-clockwise around the course.

When the music starts again, continue
SIDE SLIDING.

**BRAIN & BODY WARM-UP**

**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 4**

[[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.

**PURPOSEFUL PRACTICE**

**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](https://youtu.be/R5_EKMifUqg)]

Draw a Hopscotch Course. Each player needs a marker (beanbag). [[For Full Hopscotch Rules Click Here.](https://openteachers.org/hopscotch)]

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.

**PURPOSEFUL PRACTICE**

**Nutrition:** The way that the body uses food for energy and healthy development.

*Good* ***nutrition*** *is an important part of a healthy lifestyle.*

**Traditional Hopscotch with a Fruit & Veggie Challenge:** [[YouTube](https://youtu.be/i9VadiEc2y0)]

Play hopscotch using traditional rules.

[[Click Here for the Full Set of Rules](https://openteachers.org/hopscotch)]

Add a challenge. When you land on an even number square say the name of a fruit, and when you land on an odd number square say the name of a vegetable. It’s okay to say the name of a fruit or veggie more than once if you’re stuck. BUT you cannot say the same food twice in a row. For example, you can’t say “carrot, apple, carrot.”

**JUST FOR FUN (AND HEALTH)**

**Healthy Lifestyle:** A way of life that focuses on daily physical activity and healthful nutrition.

*Being active with friends can be an important part of a* ***healthy lifestyle****.*

**Balance & 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.