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]

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]

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

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]

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]
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 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]

Play hopscotch using traditional rules.
[Click Here for the Full Set of Rules]

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]
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.