Important words for us to understand and use.

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.

Breathe: To move air into and out of the lungs.

Kent reminded himself to breathe deeply and focus on positive words and actions.

Challenge: Something that is difficult and tests a person’s skill and knowledge.

Franklin loved the challenge of keeping his balance while moving through the hopscotch course.

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.

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.
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.

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

Playing and being active with friends can be an important part of a healthy lifestyle.

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.

Mindful: Being aware of your surroundings and what is happening in the present time and place.

Akinyi stayed mindful as she walked by paying close attention to the sights and sounds of the playground.

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

Good nutrition is an important part of a healthy lifestyle.
**Physical Activity**: Any movement that uses the body’s energy. *Hopscotch is a fun physical activity that you can play with friends.*

**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.*