

# HOPSCOTCH

## Physical Education Vocab

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.*

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**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.*

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**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.*