Learning Module: **Hopscotch**

**Healthy Body**
I will participate in Hopscotch games to keep my body healthy.

**Healthy Mind**
I will talk about reasons that I enjoy being physically active.

**Enjoyment & Challenge**
I will use positive words to encourage myself and others.

**Building Skills**
I will perform movement activities with balance and control.

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**Why are we learning this?**

**Hopscotch is a playground game that has been played for hundreds of years.**
This module is designed to teach young students this classic game as a way to be active with friends and family outside of physical education class.
In this module you will:
- Practice jumping, hopping, galloping, and skipping.
- Learn the rules for Hopscotch.
- Enjoy being physically active with others.