



HOPSCOTCH

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Brain & Body Warm-Ups

WEEK 1 of 4

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:

[\[YouTube\]](#)

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.

Purposeful Practice

WEEK 1 of 4

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.

Just for Fun (and health)

WEEK 1 of 4

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.*

Balance and 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.