

OPEN[®] HOME & SCHOOL MOVEMENT MENU



HOPSCOTCH — OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 3 of 4

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:

[\[YouTube\]](#)

When the music plays, SIDE SLIDE 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 SIDE SLIDING.

Purposeful Practice

WEEK 3 of 4

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)

WEEK 3 of 4

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 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.