



## HOPSCOTCH

— OPENPHYSED.ORG —

## Brain & Body Warm-Ups

WEEK 4 of 4

**Physical Activity:** Any movement that uses the body's energy.

*Hopscotch is a fun **physical activity** that you can play with friends.*

**Around the Blocks Tabata:**

[\[YouTube\]](#)

When the music plays, SKIP 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 SKIPPING.

## Purposeful Practice

WEEK 4 of 4

**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.*

**Student Choice of Hopscotch Game:**

Today you can choose which hopscotch game you want to play!  
Choose from:

- Traditional Rules [\[YouTube\]](#)
- Fruit & Veggie [\[YouTube\]](#)

## Just for Fun (and health)

WEEK 4 of 4

**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.*

**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.