**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.

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**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]

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**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.