

HOPSCOTCH

Activity Cards

BRAIN & BODY WARM-UP

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 1

[[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**.

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BRAIN & BODY WARM-UP

Balance: An even distribution of weight that allows someone or something to stay upright and steady.

*Sandra was able to keep her **balance** as she hopped and jumped safely through the hopscotch course.*

AROUND THE BLOCKS TABATA 2

[\[YouTube\]](#)

When the music plays, GALLOP 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 GALLOPING.

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BRAIN & BODY WARM-UP

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 3

[[YouTube](#)]

When the music plays, SIDE SLIDE counter-clockwise around the hopscotch course.

When the music stops, slow down to a walking pace and continue walking counter-clockwise around the course.

When the music starts again, continue SIDE SLIDING.

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BRAIN & BODY WARM-UP

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 4

[[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

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.

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PURPOSEFUL PRACTICE

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."

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JUST FOR FUN (AND HEALTH)

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 & 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.