TEACHER TOOLKIT

Brain-break week: Grades K-1

Hoppo
playhoppo.com/teacher-toolkit.html

Week of _____ Five short breaks, 2-3 minutes each, with a no-tech back-up for every day. Each Hoppo break opens from its QR code (point a phone or tablet camera at it) or from the link on the toolkit page.

DAY	HOPPO BREAK	QR	IF THE SCREEN IS DOWN
Mon 2 min	ENERGIZE **Energize Brain Break** Hoppo calls jumps, stomps and star jumps on the board. The whole class copies. No camera.	Scan to open	**NO-TECH OPTION** Simon Says with hop, gallop and slide moves. Freeze when the teacher says "freeze".
Tue 3 min	LETTER OF THE DAY **Letter Trace** One student traces at the board with a pointer finger. The class air-writes the same letter.	Scan to open	**NO-TECH OPTION** Sky-write the letter big (whole arm), then small (finger), then in your palm.
Wed 3 min	CALM **Calm Brain Break** Slow stretches, balance and breathing after lunch or recess. Ends with "Back to work!". No camera.	Scan to open	**NO-TECH OPTION** Five balloon breaths: arms float up as you breathe in, drift down as you breathe out.
Thu 3 min	COUNTING **Count in Order** Bubbles are popped 1, 2, 3... The class counts out loud each time one pops. Start on 1 to 5.	Scan to open	**NO-TECH OPTION** Count-and-jump: jump once for each number to 10, then whisper-count back down.
Fri 3 min	FIND IT **Color Race** Hoppo calls a color. Everyone finds something that color. Put out colored paper or blocks first.	Scan to open	**NO-TECH OPTION** Color hunt: the teacher names a color, students gallop to touch something that color.

PICKING A BREAK

Energize = jumps and stomps to wake the room. **Calm** = slow stretches and breathing. Hoppo's Brain Break needs no camera, so it works on a school computer with the camera blocked. Games with a camera follow one player; the class cheers or takes turns.

MOVEMENT OUTCOMES (SHAPE AMERICA, 2013)

- **S1.E1.K** "Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance."
- **S1.E1.1** "Hops, gallops, jogs and slides using a mature pattern."

The no-tech ideas use hopping, galloping and sliding, so they give extra practice time with these outcomes. Breaks are extra practice time, not PE instruction.