

# “Kipa Ko Hoalauna”-Jump Bands

by  
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**Grade Level:** K-12

**National Standards:**

#1: #2: #3: #4: #5: #6:

**Learning Objectives:**

- The student will practice various jumping techniques with two feet.
- The student will practice various jumping techniques with one foot.
- The student will work cooperatively in a group and maintain proper personal responsibility.
- The student will use proper social support.

**Space Needed:**

- A large, flat area is best such as a cafeteria, blacktop, or gym.

**Equipment & Materials Needed:**

- Two (2) sets of jump bands per group of students.
- One (1) set of jump band task cards per group of students.
- Jump music (optional).
- CD player (optional).
- Chalk for marking steps (optional).

**Set-Up:**

- Pre-arrange groups of students in eight (8).
- Lay out two (2) sets of jump bands per group of students.
- Mark foot positions on ground with chalk (optional).
- Place the jump band task cards next to each group's area.

**Description of Learning Activities:**

- Groups choose who will be the “Enders” (4), and who will be the “Centers” first.
- Both sets of Enders shall loop the ends of the jump bands around their ankles; be sure the jump bands are straight across from one Ender's foot to the other Ender's foot (not twisted).
- The jump bands should cross one another, forming a Tic-Tac-Toe board.
- Enders should begin with their feet spread out wide-“straddled”.

- Enders' pattern is: "out-out, in-in"; double jump/bounce with legs spread wide; double jump/bounce with both feet together.
- Enders need to follow the same rhythm, together.
- Teacher should direct Enders to practice their jumping and get their rhythm, for a few minutes.
- Each Center stands to the left of one of the Enders. This is their home (Kauhale).
- Centers' foot pattern begins traveling to the right. Right foot steps in between the two (2) jump bands, closest to the opposite jump band; left foot steps in, next to the right foot without crossing over; right foot steps out of the jump bands; right foot takes a second hop; left foot steps out; hop between next set of bands (RL), exit (RRL); repeat sequence, always traveling to your right.
- It is crucial that all Centers begin at the same time and stay on the same rhythmic pattern.
- Enders stand straddled, not moving to allow the Centers to practice their jump sequence through the jump bands.
- Enders begin their sequence (out-out-in-in) and continue this pattern/rhythm throughout the "dance".
- It is best to have one student in the group be the leader to signal when the Enders begin and when the Centers begin.
- Repeat series so each student has the opportunity to practice being both an Ender and a Center.

**Authentic Assessment:**

- Teacher observation of students' social support and group cooperation working with their partner.
- Students give themselves an assessment regarding how they interacted with their group.
- Instructor may use a skills checklist to determine skill level of each student: jumping sequence; jumping technique; pattern; rhythm.