

Advanced “Peahi”-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 five’s (5) or seven’s (7).
- 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.
- All Centers line up, one behind the other, diagonally from the “Hub” (the square which is made by the crossing of the two sets of jump bands).
- Centers’ run from their starting position to the “Hub”, stepping right foot, then left foot (“1-2”) inside the “Hub”, then stepping right foot, left foot (“3-4”) diagonally across and outside the “Hub”.
- Center continues moving through the jump bands, using the “Original” footwork technique.
- Centers should do this when the Enders are “out-out” and attempt to it without being “caught” by the jump bands coming together.
- 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”.
- Enders: Jump “Out-Out-In-In”, **while rotating counter-clockwise.**
- Once students master this jump sequence, teacher may allow them to do other jump patterns through the “Hub”.
- 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.
- The line of Centers begins on the Star.

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.