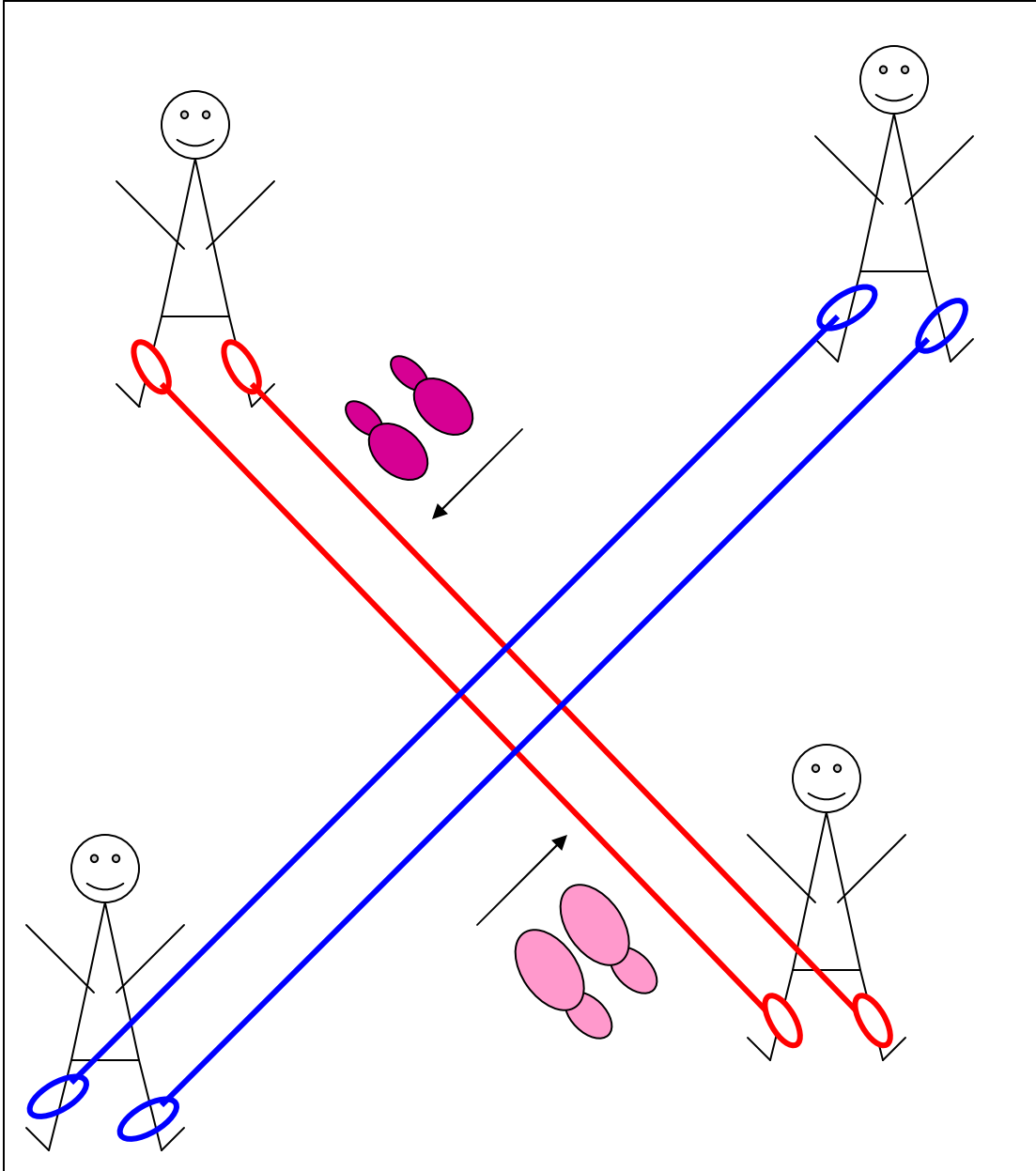


## Jump Bands: Kipa Ko Hoalauna



### Description of Activity:

- Start with one (1) Center.
  - The open space between the Jump Bands, just to the right of the Center, is that Center's Home.
  - The Center hops into the middle of the two bands with **right** foot; then **left** foot.
  - The Center hops out with **right** foot, then hops again on **right** foot; then hops on **left** foot.
  - Repeat the sequence again while moving to the next Home.
  - **\*\*Right, Left, Right, Right, Left.**
  - As their skills improve, add a 2<sup>nd</sup> Center, a 3<sup>rd</sup> Center and then a 4<sup>th</sup> Center.
- Enders: Jump "Out-Out-In-In"