Name/Title: Hoop Jumper

Purpose of Event: To give students practice jumping using three different types of jumping patterns.

Suggested Grade Level: K-2

Materials Needed: Tape/CD player and lively music; 1 hula hoop for each student, 6 of which must be of three different colors; 6 vests and foam balls for taggers; cones (if necessary) to mark a large open boundaried area

Description of Idea

Have students take a hula hoop to a self-space as they enter the playing area. Ask them to stand outside their hoop and to jump into and out of it using **2 foot-to-2 foot** jumps when the music begins. (Begin music and give students ample opportunity to practice this jump.) If necessary, pinpoint a few students who are jumping using the correct 2 foot-to-2 foot pattern and any cues used as a focus for the activity*.

Repeat this, having students also practice their **2 foot-to-1-foot** jumps (start with 2 feet outside the hoop, jump into it on one foot, jump back out onto two feet). Again, pinpoint students who are doing this pattern correctly. Then, have students practice a **1 foot-to-the other foot** jump (for example, start outside the hoop on left foot; jump into it on the right; jump out of the hoop on the left).

Then let students know they will be playing a tag game in which they will need to use these three types of jumps. There will be six **"taggers"** (who will wear vests) and 6 "un-freezers" (**hoop jumpers**). All other students will try not to get tagged. At the signal, students will travel inside the boundaries using the motor skill called out by the teacher (skip, gallop, jog, etc.). The freezers or taggers will circulate the area, trying to tag regular players by touching them with the foam ball (throwing it is not allowed).

While the game is going on, the "un-freezers" or "hoop jumpers" will be speed walking around the perimeter of the boundaried area while carrying a (red, yellow, or green) hoop. When a student is tagged, he or she stands still like they are frozen and raise their hand waiting for a hoop jumper to come along. When the hoop jumper spots them, they will lay the hoop in front of the tagged student and call out the the jump the frozen player must perform to become unfrozen, according to the color of hoop the hoop-jumper has (make sure each hoop-jumper has one of these three or similar colors):

- A **red hoop** means jump using a 2 foot-to-2 foot jump.
- A **yellow hoop** means students should jump using a 2 foot-to-1 foot jump.
- A **green hoop** means they should jump from 1 foot-to-the other, or opposite, foot.
- Once a student jumps from outside the hoop to inside than back out, they will then be

unfrozen and may begin to move again.

After explaining the game, ask students which kind of jump goes with each color, to ensure their understanding of the game. Once the game begins, switch hoop jumpers and taggers for every new motor skill performed to insure full participation. At the end of the lesson, demonstrate each type of jump and ask students to tell you which kind of jump you performed.

Teaching Suggestions:

- Depending upon the grade level, you may wish to have students focus on specific jumping cues such as "bend your knees" and "quiet jumps" (landing on the ball of the foot rather than the whole foot). When first introducing these jumping patterns, it may be appropriate to let students focus on using the correct foot patterns, and then introducing a cue at a later time.

Submitted by **Tom Redmond** who teaches at K. E. Taylor Elementary School in Lawrenceville, GA. Thanks for contributing to PE Central! **Posted on PEC: 9/1/2005**.

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