PLAY.

Jumping and Hopping
Grades K-2

You'll need: hoops, cones, tagging tool   **You can play:** outside, in the gym, on the blacktop,

Game 1
Jump on an Island

Players begin moving around the playing area (aka "ocean") in different ways. Example sea horse, jellyfish, dolphin, shark, fast minnow, swimmer, etc. When the teacher or leader calls "jump on an island" children must run to a hoop and jump into the hoop with two feet. Hoops can be shared if needed. Once everyone has a hoop, change the movement and play again.

▲ Ask the players what animal they'd like to move like next. Try balancing on one foot in hoops

▼ Demonstrate each movement so players can mimic the movements and visual cues

Game 2
Marco Jumpo

Teacher or leader starts in the centre of the playing area, while everyone else moves around the space in different ways (running, walking, hopping etc). When the teacher or leader says "Marco", everyone else must jump and land as quietly as possible. The teacher or leader will listen to see if everyone lands quietly. If they hear a certain section land loudly, everyone in that section must do a challenge (5 star jumps, balance for 10 seconds etc.)

▲ Increase difficulty of challenges or change movement to gallop, skip, hop etc.

▼ Decrease time in between calling "Marco" to avoid players getting too tired

Game 3
Sharks and Seals 2.0

Start with 3 people it in the middle, they are the sharks and lay on their backs with their hands making a shark fin. Place hoops on each end of the playing area to represent islands. Seals must hop from one set of island, across the playing area to the other set of islands. Once on an island seals are safe. Sharks must do a two-footed jump to try and tag seals. If a seal is tagged they join sharks in the middle to be taggers.

▲ Add a bean bag in between players knees so they must keep feet togehter

▼ Decrease the size of the playing area if players are getting too tired

Mindfulness
Elevator Breathing