

Game Details

- **Equipment Needed:** Hoops, Mats, Polyspots
- **Grades:** K-2
- **Skills:** Jumping, Locomotor
- **Game Type:** Skill Practice

How to Play

Scatter gymnastics mats, yoga mats or hula hoops throughout the activity space as “islands”. Place the islands close enough so children can jump from one to another. The object of the game is the jump to all the islands without falling in the water (gym floor). After children complete the circuit, increase the distance between the “islands” slightly. Next, bring all the islands closer and practice different jumps jump off two feet and land on one, jump off one foot and land on two. Can use lines if you don’t have any mats!

Modifications

- ▲ Use different sizes and shapes for your items, with different distances between them
Practice hopping, by using one foot only
- ▼ Less distance between the items
Make the play area smaller (half the gym or width wise)