

Game



Jumping Jungle Leaves

Objective

The goal of this game is to two-foot jump on and off of “jungle leaves” as many times as you can.

Set-Up

- A grassy outdoor space would be ideal for this game.
- Scatter several hula hoops (i.e. jungle leaves) randomly around the activity space, at least 1 hoop per participant. Spread hoops out so participants can safely jump in and out of them.
- Participants choose a hoop to start at and stand beside it.
- On your “GO!” signal, participants jump into and out of as many hoops as possible.
- Participants can walk or jog to get from one hoop to the other.
- Remind them to keep their heads up as they move through the jungle.
- Participants can keep track of how many hoops they were able to jump in and out of.
- After a designated period of time (e.g. 30 seconds) have participants freeze.
- Repeat and challenge participants to jump into more hoops than they did the time before.

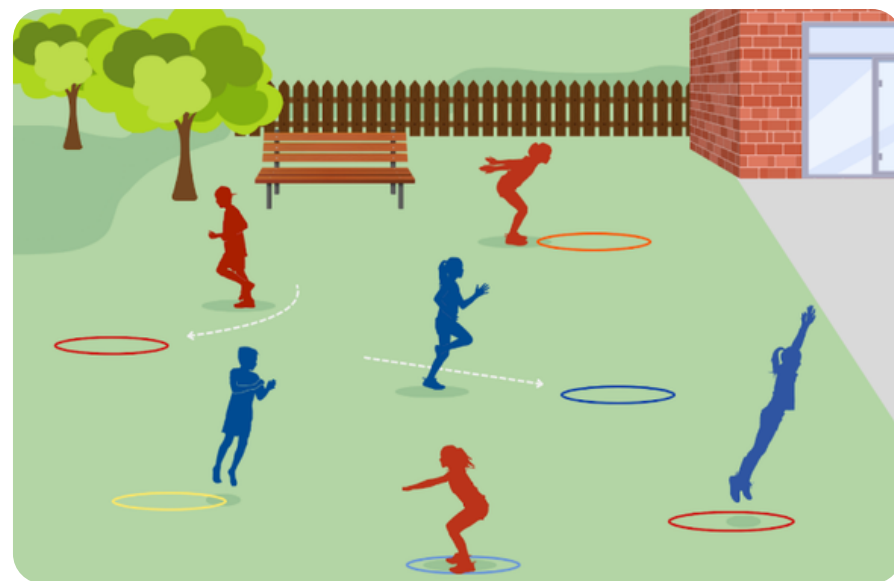
Adaptations and Modifications

- Suggest different ways for participants to move between the hoops (e.g. hopping, skipping).
- Allow participants time to rest if needed.
- Use larger hoops for participants who need more space to land.
- Challenge participants to jump forward, sideways and backwards.

Safety

- Make sure hula hoops are spaced far enough apart so participants aren’t jumping into each other.
- Only one person at a time should be jumping into a hoop.
- Remind participants to keep their heads up when jumping.
- Remind participants to land softly, with bent knees and with hands out for balance and safety.

Diagram: Jumping Jungle Leaves



Equipment Hula hoops

