

School-based Physical Activities

Jumping Ninja



Level
K1-K3

Equipment



Hula-hoops Bean bags

Objectives

1. Improve whole-body coordination
2. Improve muscle endurance of lower limbs
3. Improve balance and flexibility



Game Rules

- ① Teacher arranges the hula-hoops in a row on the ground
- ② Teacher places bean bags inside or outside each hula-hoop
- ③ The child jumps into the hoops and moves the bean bags into or out of the hoops
- ④ Only one child per team can do the task at a time
- ⑤ The first team that completes the challenge wins

Modifications

1. Use different jumping styles
2. Increase the distance between the hula-hoops

