Jump Bands: Advanced Kipa Ko Hoalauna

**Description of Activity:**
- Start with one (1) Center.
- The open space between the Jump Bands, just to the right of the Center, is that Center’s Home.
- The Center hops into the middle of the two bands with **right** foot; then **left** foot.
- The Center hops out with **right** foot, then hops again on **right** foot; then hops on **left** foot.
- Repeat the sequence again while moving to the next Home.
- **Right, Left, Right, Right, Left.**
- As their skills improve, add a 2nd Center, a 3rd Center and then a 4th Center.

**Enders:** Jump “Out-Out-In-In”, while rotating counter-clockwise.