Jump Bands: Wheel

Description of Activity:

- All four (4) Centers stand to the left of their home (Kauhale).
- It is crucial that all Centers begin at the same time and stay on the same rhythmic pattern.
- The open space between the Jump Bands, just to the right of the Center, is that Center's Home.
- Centers’ foot pattern begins traveling to the right. Right foot steps in between the two (2) jump bands, closest to the opposite jump band; left foot steps in, next to the right foot without crossing over; right foot steps out of the jump bands; right foot takes a second hop; left foot steps out; hop between next set of bands (RL), exit (RRL); repeat sequence, always traveling to your right.
- 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.**

Enders: Begin their sequence (Out-Out-In-In), and continue this pattern/rhythm throughout the “dance”.
- Once the students have mastered this sequence, the Enders will continue their pattern while traveling to the left, clockwise; the opposite direction as the Centers are traveling.