

Bumpy Ride

Equipment:

- 4 hippity hops
- 8 cones

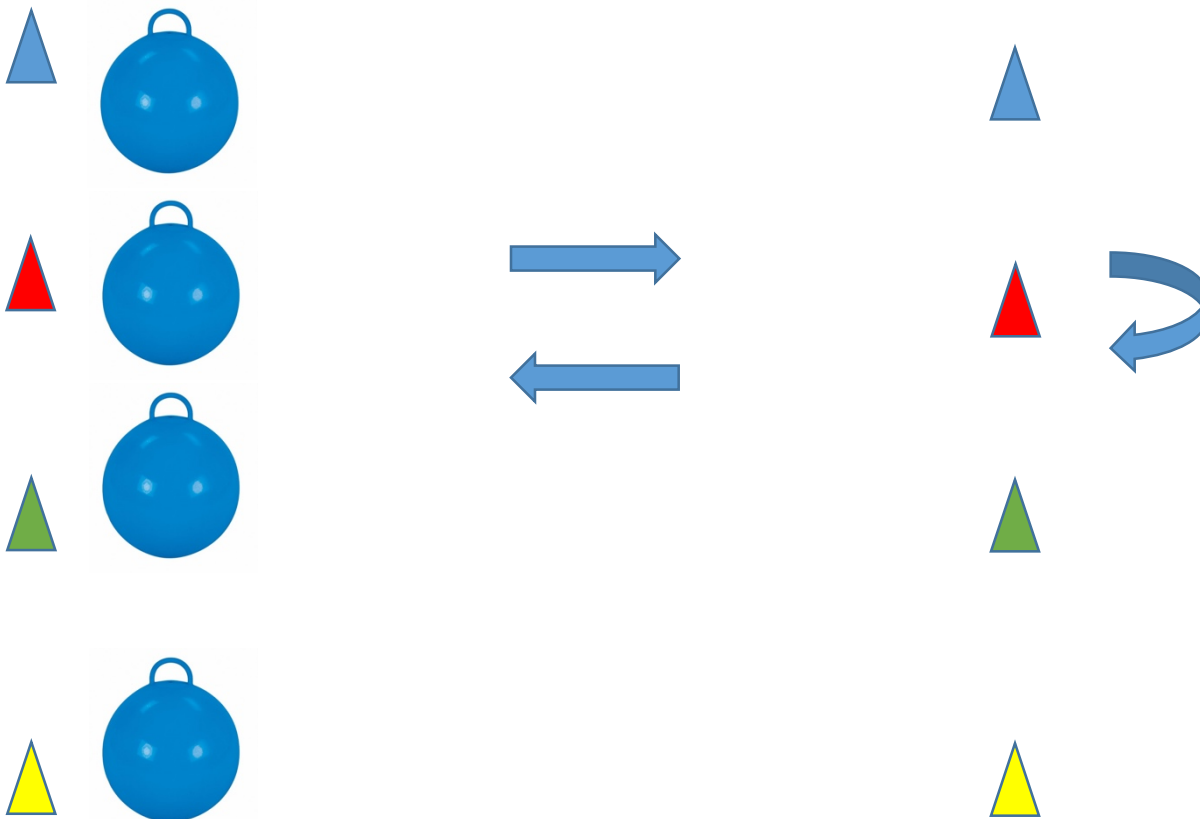
Station Directions:

- Divide the class into 4 groups each behind a cone
- Each team lines up behind a cone
- On the signal "GO" the first person hops up and down on the hippity hop down and around the cone and back
- The next person does the same and the whole line continues until everyone is finished
- Students are not allowed to run- can only jump/hop

Variation:

- If there is time, do it again backwards
- Or can have 4 students race at a time

Diagram:



Scoring Key

*Sportsmanship points:

*Based on teacher and volunteer opinion.

***Points can range from 0 to 5 being the most points awarded**