



GROUP HOP

Purpose & Focus

This activity focuses on communication and teamwork.

Participants

Teams of 4 to 6 participants.

Time Allotment

5 – 15 Minutes

Activity Level

High

Materials

No materials required

Preparations

- This activity can be performed in any open area or hallway.

Method

- Have the participants in each group stand in a straight line with their right hand on the shoulder of the person in front of them and their left leg forward so that the person in front of them can hold their ankle.
- The group then sees how far they can hop along together without toppling over.
- Once groups get the hang of hopping, you can hold a competition to see who can hop the farthest or longest.

Discussion

- How was teamwork a challenge in this activity?