

HOPPO

Boppo



the school of

PLAY

Hoppo Boppo

Instructions

Objective:

Hoppo Boppo is an outdoor physical activity game focusing on balance and strength. Played in pairs, the goal is to remain squatting while trying to gently push the partner off balance using only the hands.

Players:

Two players per pair, suitable for a group of any size.

Materials:

No materials are needed, just an open space for safe movement.

Setup:

Players pair up and face each other, squatting, hands outstretched with palms facing forward.

Gameplay:

- On the call of "GO," partners attempt to gently push each other's hands, aiming to make the other stand up or lose balance.
- The person who stays squatting wins the round.
- Pairs play three rounds, and then players can choose new partners for additional rounds.
- A fun challenge can be added: undefeated players get to challenge the teacher.



Variations for Different Settings:

- Children's Edition: Ensure the game is played gently to avoid any roughness.
- Competitive Edition: Introduce a tournament-style setup where winners face off against each other.
- Inclusive Edition: Adapt the game for varying physical abilities, allowing for different stances or support if needed.



Additional Notes:

- Hoppo Boppo is a fun way to encourage physical activity, focusing on lower body strength and balance.
- It's an engaging game for developing coordination and friendly competition.
- The game is adaptable and can be played in any open outdoor space, making it a versatile choice for different settings.

