

ACTIVITY CARD

HULA HOOP

Activity Name	Description	Outcome Focus
PART 1		
Puddles	Lay the hoop flat on the ground. <ul style="list-style-type: none"> • Jump in and out of the hoop with a balanced landing. • Hop in and out of the hoop. • Gallop, skip, jog around the hoop. 	Demonstrates Locomotor Skills (Including Jumping) Using Mature Patterns in Relationship to Objects
Walk Around the World	Lay the hoop flat on the ground. <ul style="list-style-type: none"> • Placing hands in the hoop with feet on the outside. • Transfer weight from hand to hand as you walk your feet around the outside of the hoop. 	Transfers Weight from One Body Part to Another in Self-Space
Cliff Hanger	Lay the hoop flat on the ground. <ul style="list-style-type: none"> • Slowly balance on the hoop and walk all the way around the edge. 	Travels Demonstrating a Variety of Relationships with Objects
Blast Off	Hold the hoop over your head so you can look up and out of the hoop's center. <ul style="list-style-type: none"> • Count down from 5 to 0 and then drop the hoop while holding your hands and arms together in a rocket pose. It's a successful launch if the hoop doesn't touch any part of your body. 	Forms Wide and Narrow Body Shapes
Musical Hoops	Everyone's hoops are laying flat on the ground. <ul style="list-style-type: none"> • When the music starts, gallop (hop, jump, skip) in open space without stepping on or in any hoops. When the music stops, walk to a hoop and step inside it. It's okay to share hoops with your classmates. Teachers, play 8 rounds using all locomotor skills. Take away 1 hoop after each round to encourage students to share and cooperate. 	Demonstrates Locomotor Skills (Including Jumping) Using Mature Patterns in Relationship to Objects, Shares and Works with Others
PART 2		
Shuffle Around	Lay the hoop flat on the ground. <ul style="list-style-type: none"> • With both feet inside the hoop, shuffle your hoop around the area. Move using different pathways. 	Travels in Three Different Pathways
Bus Driver	Hold the hoop out in front of you like a steering wheel. <ul style="list-style-type: none"> • Safely drive around the activity area at a walking speed. • Listen for "Navigation Instructions" from the teacher (e.g., forward, back, right, left, clockwise, zigzag, etc.). 	Differentiates Between Movement in Personal and General Space, Travels in Different Pathways and Directions
Helicopter	Hold the hoop up over your head like the propellers on a helicopter. <ul style="list-style-type: none"> • Safely fly around the activity area on your tip toes. • Slowly come in for a landing so that you're sitting with your legs crisscrossed. • Take off again and listen for "Navigation Instructions" from the teacher. 	Travels Demonstrating Low, Middle, and High Levels, as well as a Variety of Relationships with Objects
Lucky Coin	Spin the hoop like a coin in your own personal space.	Moves in Self Space
Balancing Act	Lay the hoop flat on the ground. <ul style="list-style-type: none"> • Perform different balances inside the hoop (e.g., stand on 1 leg, switch legs, 1 foot inside and 2 hands outside, 1 hand inside and 2 feet outside, etc.) 	Maintains Stillness/Balances on Different Bases of Support