

Quick Reference Activity Card: Hoops

Set-up: Each student with a hoop. Use 4+ cones to set perimeter boundaries.

Each activity below should take approximately 10 minutes. Schedule 6 activity breaks throughout the day to provide 60 minutes of daily physical activity.

\*Suggested MC Cards refers to the Movement Concept Cards recommended for each activity.

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|  | Activity Description | Suggested MC Cards | Category  |
| 1 | *Hoop Danger** Teacher explains that we must sometimes avoid dangerous obstacles.
* Students walk around and through hoops.
* If teacher calls, “danger!” students return to hoops.
 | Ready to earn, Over, Under | **Locomotor** |
| 2 | *In or Out** Students practice balancing in straddle in/out and straddle scissor positions.
* Students practice balancing with a certain number of body parts inside the hoop.
* Students create their own balance poses.
 | Straddle In/Out, Straddle Scissors, Inside, Outside, Standing | **Balance** |
| 3 | *Shuffle, Shuffle** Students practice moving inside their hoops by shuffling their feet.
* Students shuffle in pathways and pathway sequences. Then create their own sequences.
 | Straight Pathway, Curved Pathway, Zig-Zag Pathway, Low/Medium/High Level | **Movement Concept** |
| 4 | *Hygiene Habits** Review different personal hygiene habits.
* Students act out different hygiene habits and then sequences of habits.
 | Ready to Learn,Small, Tall | **Health/Nutrition** |
| 5 | *Ready, Aim, Throw** Demonstrate and practice overhand throwing form.
* Students write their name on a piece of paper, crumple it into a ball, and practice throwing it.
* Students throw into general space, find a new paper, and add their name to it.
 | Over, Under, Mirror, On, Off | **Manipulative** |
| 6 | *Musical Hoops** Students walk in general space when music starts. When music stops, walk to a hoop and stand inside.
* Multiple students may share a hoop.
* Hoops are removed after each round so that students must share more often.
* Students add/subtract the number of students in two hoops.
 | Narrow, Wide, Together Pair, Inside | **Social/Emotional** |