

## 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.

	<b>Activity Description</b>	<b>Suggested MC Cards</b>	<b>Category</b>
1	<u>Hoop Danger</u> <ul style="list-style-type: none"> <li>Teacher explains that we must sometimes avoid dangerous obstacles.</li> <li>Students walk around and through hoops.</li> <li>If teacher calls, "danger!" students return to hoops.</li> </ul>	Ready to earn, Over, Under	<b>Locomotor</b>
2	<u>In or Out</u> <ul style="list-style-type: none"> <li>Students practice balancing in straddle in/out and straddle scissor positions.</li> <li>Students practice balancing with a certain number of body parts inside the hoop.</li> <li>Students create their own balance poses.</li> </ul>	Straddle In/Out, Straddle Scissors, Inside, Outside, Standing	<b>Balance</b>
3	<u>Shuffle, Shuffle</u> <ul style="list-style-type: none"> <li>Students practice moving inside their hoops by shuffling their feet.</li> <li>Students shuffle in pathways and pathway sequences. Then create their own sequences.</li> </ul>	Straight Pathway, Curved Pathway, Zig-Zag Pathway, Low/Medium/High Level	<b>Movement Concept</b>
4	<u>Hygiene Habits</u> <ul style="list-style-type: none"> <li>Review different personal hygiene habits.</li> <li>Students act out different hygiene habits and then sequences of habits.</li> </ul>	Ready to Learn, Small, Tall	<b>Health/Nutrition</b>
5	<u>Ready, Aim, Throw</u> <ul style="list-style-type: none"> <li>Demonstrate and practice overhand throwing form.</li> <li>Students write their name on a piece of paper, crumple it into a ball, and practice throwing it.</li> <li>Students throw into general space, find a new paper, and add their name to it.</li> </ul>	Over, Under, Mirror, On, Off	<b>Manipulative</b>
6	<u>Musical Hoops</u> <ul style="list-style-type: none"> <li>Students walk in general space when music starts. When music stops, walk to a hoop and stand inside.</li> <li>Multiple students may share a hoop.</li> <li>Hoops are removed after each round so that students must share more often.</li> <li>Students add/subtract the number of students in two hoops.</li> </ul>	Narrow, Wide, Together Pair, Inside	<b>Social/Emotional</b>