

Hoop Danger

LEARNING TARGETS

- ✓ I will demonstrate awareness of my body by moving safely and staying inside the boundaries.
- ✓ I will identify danger and maintain a safe distance from the obstacles.
- ✓ I will follow basic safety rules as they pertain to street and water safety practices.

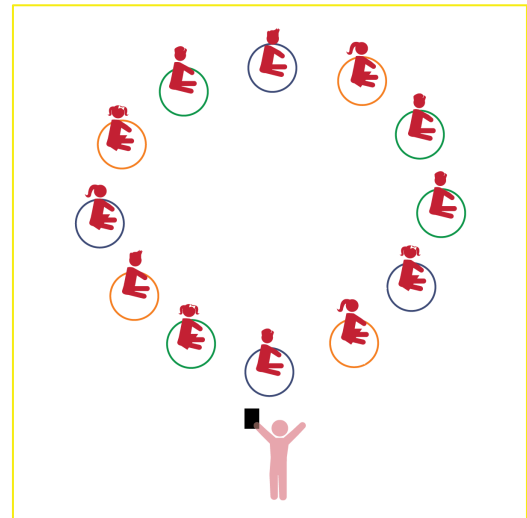
ACTIVITY SET-UP & PROCEDURE

Things You Need:

- ✓ 1 hoop per student
- ✓ Cones to create boundaries

Set-Up:

1. Arrange hoops in a large circle with enough space for students to weave in and out.
2. Each student at a hoop. They begin sitting inside their hoops.



Activity Procedures:

1. The purpose of this activity is practice moving safely around potentially hazardous obstacles (hoops).
2. Today we're going to play a game called *Hoop Danger*. Before we start, look around and take note of your personal space.
3. Teachers, explain that there may be times we need to stay at a safe distance from a dangerous obstacle (e.g., a busy street, a body of water).
4. Let's start by standing next to our hoops. When I say, "GO," walk in a circle around the hoop perimeter.
5. Next, students walk in a circle inside the hoop perimeter.
6. Next, students weave in and out of the hoop perimeter.
7. Ask students to perform steps 4–6 using different locomotor skills (e.g., tip toe, march, gallop, slide). When the teacher says, "Danger!" students return to their Home Bases.

Universal Design Modifications:

- To make it easier, move hoops further away from one another.
- To add a challenge, move hoops closer together or increase students' speed.

DEVELOPMENTAL INDICATORS

- ✓ **Gross Motor Development:** Uses perceptual information to guide motions and interactions with objects and other people.
- ✓ **Health/Safety:** Demonstrates knowledge of personal safety practice and routines