

Quick Reference Activity Card: Hoops

Set-up: Scatter hoops in the activity area to create Home Bases for the students.

1 student per Home Base. 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 Race*   * Students walk around hoops 10 times, counting each lap. * Repeat in the other direction. Repeat with challenges: walk sideways, mirror movements. | straddle in/out, over, twisting, mirror | **Locomotor** |
| 2 | *Move Crazy*   * Teacher calls out low, medium, and high levels. Students hold the hoop at that level. * Teacher calls out mixed movement concepts (e.g., wide position on the hoop). Students demonstrate. * Play Simon Says to review the concepts. | high level, low level, medium level, narrow, wide, on, off | **Movement Concept** |
| 3 | *Bodies of Water*   * Students use various locomotor movements to move in general space and avoid:   + Ponds (single hoops); Lakes (groups of 3-4 hoops); Rivers (chains of 5-6 hoops); Oceans (1-2 large groupings of hoops) | straight pathway, curved pathway, zig-zag pathway | **Health/Nutrition** |
| 4 | *Colored Igloos*   * Students are Eskimos, the hoops are igloos, the floor is icy. Call a color; Eskimos move into an igloo of that color. * Repeat with different colors and movements. * Challenge: point to different hoops and see if students can grasp how many Eskimos are inside without counting. | same, inside | **Social/Emotional** |
| 5 | *Balancing Body Parts*   * Teacher calls out a body part. Students place that body part inside of their hoop. * Teacher calls out a body part and a color. Students place that body part inside a hoop of that color, sharing hoops. * Students select and identify body parts to place inside the hoop on their own. | standing,  ready to learn,  beside, inside | **Balance** |
| 6 | *1,2,3 Lift Off*   * Students demo wide, narrow, tall & small body positions. * Students hold hoops over their head in a wide position. Count as a class, dropping hoops and making a narrow position when a certain number is reached. * Teacher calls out word pairs. Students drop hoops when the words rhyme. | wide, narrow, over, under, tall, small | **Manipulative** |