

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** |