

## 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.

	<b>Activity Description</b>	<b>Suggested MC Cards</b>	<b>Category</b>
1	<u>Hoop Race</u> <ul style="list-style-type: none"> <li>Students walk around hoops 10 times, counting each lap.</li> <li>Repeat in the other direction. Repeat with challenges: walk sideways, mirror movements.</li> </ul>	straddle in/out, over, twisting, mirror	<b>Locomotor</b>
2	<u>Move Crazy</u> <ul style="list-style-type: none"> <li>Teacher calls out low, medium, and high levels. Students hold the hoop at that level.</li> <li>Teacher calls out mixed movement concepts (e.g., wide position on the hoop). Students demonstrate.</li> <li>Play Simon Says to review the concepts.</li> </ul>	high level, low level, medium level, narrow, wide, on, off	<b>Movement Concept</b>
3	<u>Bodies of Water</u> <ul style="list-style-type: none"> <li>Students use various locomotor movements to move in general space and avoid:               <ul style="list-style-type: none"> <li>Ponds (single hoops); Lakes (groups of 3-4 hoops); Rivers (chains of 5-6 hoops); Oceans (1-2 large groupings of hoops)</li> </ul> </li> </ul>	straight pathway, curved pathway, zig-zag pathway	<b>Health/Nutrition</b>
4	<u>Colored Igloos</u> <ul style="list-style-type: none"> <li>Students are Eskimos, the hoops are igloos, the floor is icy. Call a color; Eskimos move into an igloo of that color.</li> <li>Repeat with different colors and movements.</li> <li>Challenge: point to different hoops and see if students can grasp how many Eskimos are inside without counting.</li> </ul>	same, inside	<b>Social/Emotional</b>
5	<u>Balancing Body Parts</u> <ul style="list-style-type: none"> <li>Teacher calls out a body part. Students place that body part inside of their hoop.</li> <li>Teacher calls out a body part and a color. Students place that body part inside a hoop of that color, sharing hoops.</li> <li>Students select and identify body parts to place inside the hoop on their own.</li> </ul>	standing, ready to learn, beside, inside	<b>Balance</b>
6	<u>1,2,3 Lift Off</u> <ul style="list-style-type: none"> <li>Students demo wide, narrow, tall &amp; small body positions.</li> <li>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.</li> <li>Teacher calls out word pairs. Students drop hoops when the words rhyme.</li> </ul>	wide, narrow, over, under, tall, small	<b>Manipulative</b>