HULA HOOP HIDEOUTS

STUDENT TARGETS

- **Skill:** I will move mindfully with consideration for others.
- **Cognitive:** I will start and stop with the music as my signal.
- **Physical Activity:** I will be active using different locomotor skills.
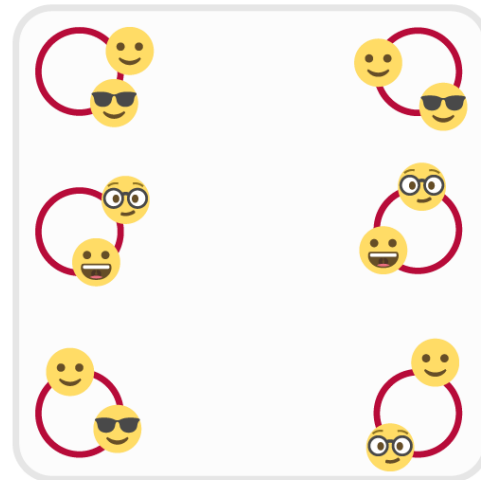- **Personal & Social Responsibility:** I will demonstrate respect by sharing equipment with classmates.

EQUIPMENT & SET-UP

Equipment:
- 12 hula hoops
- Music and music player

Set-Up:
- Create a large activity space using 4 cones to mark boundaries.
- Scatter hula hoops throughout the activity space.
- Each student begins standing with one foot inside a hoop.

ACTIVITY PROCEDURES

1. Today we are going to practice moving safely in the activity area.
2. All of the hula hoops you see are forest hideouts, and the activity space is our forest.
3. When the music is on, move through the forest saying hello to your friends. When the music stops, you need to hide from Big Foot by standing with one foot safely inside of any hula hoop. Remember that you will be sharing your hoop with some of your friends.
4. Move through the forest when the music is on saying hello to as many of your classmates as possible!
5. On the stop signal freeze and be ready for the next set of instructions.

GRADE LEVEL PROGRESSION

Level 1: Allow students to place a different body part inside of the hoop, such as a hand.
Level 2: Play the game with one student as Big Foot (a tagger). When the music stops, students must get to a hoop before being tagged.

ACADEMIC LANGUAGE

Respect, Share, Safe, Start/Stop Signal, Locomotor Skills

PRIORITY OUTCOMES

Movement Concepts:
Safely moves demonstrating a variety of relationships with people and objects.

DISCUSSION QUESTIONS

- What is sharing? How does sharing help us have fun with our friends and classmates?
- How is sharing related to respect for other? Can you give other examples of sharing that demonstrate respect for others?