

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Hula Hoop Challenges

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#### Game Description:

An awesome relay game that you probably have never played before, all you need is a hula hoop!

#### Objective:

To complete the hula hoop challenge relay before the other teams do.

#### Game Rules:

Divide the group into 2 or more teams of equal numbers. Give the first person in each group a hula hoop. Set up a cone about 30 feet directly in front of each group. Give the children a skill that they must do with the hula hoop to the cone and back, for example have them skip through it. On your signal the first person in each group will skip through the hoop to the cone and back and then hand the hoop to the next person in line. The first team to complete the challenge AND be sitting down quietly wins!

#### AGE:

7 to 9 years  
10 to 12 years  
13 to 15 years

#### TYPE OF ACTIVITY:

Multi-skill game  
Warm up/Cool down

#### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Field / Park

#### HOW MANY LEADERS ARE NEEDED:

Only 1

#### HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)  
Large group (16+ kids)

#### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Coordination  
Gallop  
Rhythm  
Run  
Skip