

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Hula Hoop Run and Jump

Game Description:

Great Multi- skill activity for young children

Objective:

To move through the hoop without touching the sides

Game Rules:

Using a large homemade hula hoop, have the children do various loco-motor skills through the hoop. This activity help work on spatial awareness as well because the children must trying to get through the hoop without hitting their head or catching their arm or leg on the hoop.

Adaptations (optional):

Try running, skipping, galloping, jumping or even hopping through the hoop.

AGE:

4 to 6 years

TYPE OF ACTIVITY:

Multi-skill game
Warm up/Cool down

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders

HOW BIG OF A GROUP IS NEEDED:

One person
Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Coordination
Gallop
Hop
Jump
Run
Skip