

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Musical Hoops

Game Description:

A fun activity to play with children that involves music, creativity, and rhythm.

Objective:

Stand inside a hoop once the music stops

Game Rules:

Set up hoops all over the playing area. As the music play, the children must be moving around and dancing outside of the hoops. Once the music stops, the children must quickly race to a hoop and stand inside of it. Start the music again and the dancing begins for another round.

Adaptations (optional):

You can eliminate the hoops to make it more challenging for children who are older.

AGE:

2 to 3 years
4 to 6 years
7 to 9 years
10 to 12 years
13 to 15 years

TYPE OF ACTIVITY:

Warm up/Cool down

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Agility
Balance
Rhythm