

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Hoop Hop

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### Game Description:

Faster paced game combining counting and fundamental movements.

### Objective:

Make it to a hoop with the correct number of people before everyone else.

### Game Rules:

Have several hoops around the gym and have the kids run/jump/skip/etc. around them. Then call out a number and that number is the amount of people needed in a hoop together.

### AGE:

4 to 6 years  
7 to 9 years  
10 to 12 years

### TYPE OF ACTIVITY:

Co-operative / Team  
Building / Ice Breaker  
Skill instruction

### 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

### HOW BIG OF A GROUP IS NEEDED:

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

### TYPES OF SKILLS PRACTICED:

Gallop  
Hop  
Jump  
Run  
Skip