

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Hula Hoop Gauntlet

Game Description:

A version of Gauntlet with a hula hoop twist.

Objective:

Try not to get tagged by the hoola hoops.

Game Rules:

Create the boundaries of the playing field (using cones or lines of the gym) and choose one child to be the tagger. The tagger is then asked to stand on either side of the playing field, making sure they stay behind the line of cones designating the outskirts of the field. Then, the tagger will line up hula hoops all along the edge of boundaries and they will kick the hula hoops into the middle to try and tag the other children's feet as they are running through. The rest of the group will stand at one of the field and try to run through the middle all at once to get to the other side without getting hit by the hula hoops. If they are tagged when they are running through, they will then join the tagger on either side of the boundaries for the next round. Go until all the kids are tagged! Make sure to tell the group that it only counts if the hula hoop hits their feet when they are running through the middle to get to the other side.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)

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
Coordination
Dodge
Jump
Kick
Run
Track