

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Hoop Elimination Vol. 2

Game Description:

The newest version of Hoop Elimination

Objective:

To try and eliminate all the hoops as fast as possible.

Game Rules:

Split the group up into 3-4 teams depending on how many kids there are. Create a throwing line with cones and then spread out several hoops after that line across the playing area. The first person in line runs to a hoop and must stand with both feet inside the hoop. The next person in line comes up to the throwing line (can't go past it) and throws a ball/frisbee/beanbag to the person standing in the hoop. If the person standing in the hoop catches the object with both feet remaining in the hoop, then that hoop is now eliminated. If they don't catch it then the hoop remains and the next person is up. The thrower then becomes the person to stand in the hoop and the next person in line becomes the thrower. Continue this until all the hoops have been eliminated.

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)
Field / Park

HOW MANY LEADERS ARE NEEDED:

2 Leaders

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Balance
Catch
Coordination
Run
Throw
Track