

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Hula Hoop Agility "Ladder"

Game Description:

Creative way to use hula hoops as an agility ladder.

Objective:

Move through the agility hoops as directed by the leader.

Game Rules:

Children line up in front of a line of 4-6 hoops. The leader will give the children directions ie. "Jump in all the hoops to make it to the end" or "March 3 times in each hoop before moving to the next" ... etc. and children will complete the challenge before coming back to the line.

AGE:

2 to 3 years
4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Multi-skill game
Skill instruction
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

HOW BIG OF A GROUP IS NEEDED:

Pair
Small group (3-5 kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Jump
Rhythm
Run
Track