



## January Week 3, A: Drive Hoop Cars

## Equipment

1 hula hoop per child

<i>Set Up</i>	Spread hula hoops out on the floor.
<i>Trans-In</i>	Children go stand in a hoop.
<i>Intro Qs</i>	Have you ever driven a car? Want to?
<i>Explain The Game: When I say GO!</i>	<p>Children stand inside the hoop, holding on to the sides, and run in the same direction. Teacher calls out “RED LIGHT,” they stop. Teacher calls out “REVERSE,” they back up. Teacher calls out “GO,” they go forward. Also try:</p> <ul style="list-style-type: none"> <li>● Curvy road (weave back and forth)</li> <li>● Bumpy road (hopping up and down)</li> <li>● Windshield wipers (stop, drop the hoop, move arms back and forth)</li> <li>● Icy road (Spin in different directions)</li> <li>● Flat tire (hop on one foot)</li> <li>● Run out of gas (decelerate and stop)</li> </ul>
<i>Trans-Out</i>	Children stand in hoops.
<i>Change Up</i>	Younger children can use poly spots or paper plates as steering wheels.



## January Week 3, B: Flip the Hoop

## Equipment

1 hula hop, 1 poly spot, 1 bean bag per child

<i>Set Up</i>	A line of spots, about 18-24 inches apart, parallel to a wall at one end of the space. Place a bean bag in front of each spot.
<i>Trans-In</i>	Ask the children to bring their hoops, stand on a spot, put hoop around bean bag.
<i>Intro Qs</i>	Do you know how to throw overhand? Do you know how to throw underhand?
<i>Explain The Game: When I say Go!</i>	<p>Demonstrate the difference between underhand and overhand. This game is for underhand throwing. Children start standing on their spots, and toss the bean bag until it lands in the hoop. Then, they flip the hoop, moving away from the spot, so now the hoop is one-hoop-width farther away. They return to their spots and try to toss the bean bag into the hoop. Once they succeed in getting it in the hoop, they again flip the hoop, moving it farther from the spot.</p>
<i>Trans-Out</i>	Return bean bags and hoops to containers, return to Starting Position.
<i>Change Up</i>	For younger children, just tossing a bean bag into a hoop is challenging enough.



## January Week 3, C: Hoop Stepping

## Equipment

24 hula hoops

<i>Set Up</i>	Place the hoops on the floor in a line, overlapping the hoops so there are small, preschool-foot-sized spaces throughout the line of hoops. (See picture on page 1 of lesson plan.)
<i>Trans-In</i>	Children are in the Starting Position.
<i>Intro Qs</i>	Have you ever heard of hot lava?
<i>Explain The Game: When I say Go!</i>	The hoops are like hot lava and the spaces between the hoops are cool rocks. Your job is to move from cool rock to cool rock without touching the hot lava.
<i>Trans-Out</i>	Children return the hoops to the teacher.
<i>Change Up</i>	Make it harder by making the holes between the hoops smaller. Make it easier by making the holes between the hoops bigger.



## January Week 3, D: Hoop Jump Rope

## Equipment

One hula hoop per child

<i>Set Up</i>	Spread out the hoops on the floor as far apart as possible.
<i>Trans-In</i>	Ask children to come stand in a hoop.
<i>Intro Qs</i>	Do you know how to jump rope? Do you think it is possible to jump rope with a hula hoop?
<i>Explain The Game: When I say Go!</i>	Demonstrating this activity is key. <ol style="list-style-type: none"> <li>Stand, holding the hoop in front of your body with arms extended in front, both hands on top of the hoop, palms facing down.</li> <li>Tip the bottom of the hoop toward your body so hoop is at an angle.</li> <li>Jump, two feet to two feet, into the middle of the hoop.</li> <li>Flip the bottom of the hoop upward and over your head until it is in front of you again.</li> </ol>
<i>Trans-Out</i>	Children stand inside hoops.
<i>Change Up</i>	For younger children, make a line of hoops on the floor and have them hop through the hoops.

**January Week 3, E: Partner Hoop Planking****Equipment**

1 hoop for every 2 children

<i>Trans-In</i>	Send children running in a big circle and take ½ the hoops away. Have children stand 2 to a hoop.
<i>Intro Qs</i>	Do you know what partners are? Can you help your partner play this game?
<i>Explain</i>	This game requires demonstration.
<i>The Game:</i>	1. One child does plank pose (the top of a push up).
<i>When I say Go!</i>	2. The other child holds the hoop perpendicular to the floor, close to the floor in front of planking child.
	3. The planking child step her hands through the hoop, so the hoop is now near her chest.
	4. The hoop child walks the hoop down to the planking child's feet.
	5. The planking child steps her feet through the hoop so she is outside the hoop completely.
	6. They switch jobs.
<i>Trans-Out</i>	All hoops are returned to their container.
<i>Change Up</i>	Younger children can go through a hoop, or multiple hoops held up by teachers.