

Musical Hoops

Objective: The children will use major muscle groups to play a game.
The children will cooperate to keep everyone in the game.
The children will follow directions.

Materials: 15 or more hoops, lively music, music player, plenty of space

Procedure:

1. This game is like musical chairs, except hoops are eliminated, not players.
2. The game starts with enough hoops scattered on the floor for all players, minus one (or with large group: 1 hoop per pair).
3. Players move around the playing area using designated locomotor pattern. (hopping, wiggling, skipping, walking like a bear, etc.)
4. When the music stops, players must find a hoop and “freeze.”
5. Some hoops will have to be shared by more than one player as more hoops are removed.
6. The object is to share space cooperatively until there is only one hoop left, and all players must help get some part of everyone's body into the hoop (listen for the giggles!).
7. Ask the children to focus on sharing and working for the goal of keeping everyone in the game (or else you have to start over!).

Extension:

Discuss the word teamwork and how it applies to this game.