

HULA HOOP TAG

READY

EQUIPMENT:

2-4 HULA HOOPS

SET-UP:

SQUARE OR RECTANGULAR BOUNDARY

NUMBER OF PLAYERS: 8+

TIME: 15 MINUTES +

EXPLAIN

- 1 Instruct everyone to spread out 6 feet away from each other. Place a hula hoop in front of two students. They are the taggers.
- 2 Taggers will kick the hula hoop to other players by hitting their foot with the hula hoop.
- 3 Only taggers can kick the hula hoop. If you are tagged by or step on the hula hoop, you must do five jumping jacks.
- 4 Pause and restart the game with new taggers often.

✓ For Understanding:

- Who can kick the hula hoop?
- What do you do if you are tagged by the hula hoop?

GAME TIP:

- Be sure to pause and restart game with new taggers often.

CONFLICT RESOLUTION TIP:

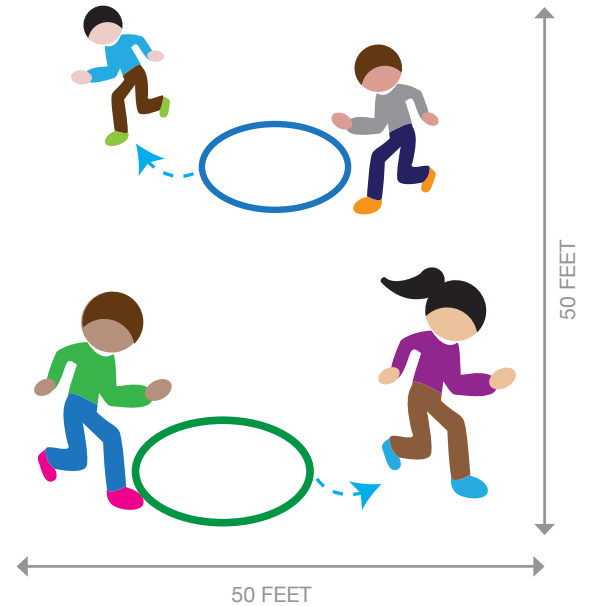
- Instruct students to wi-fi (wireless high five or air five) each other after being tagged.

INDOOR TIP:

- Have students walk/hop rather than run.

MODIFICATION TIP:

- If you are hit by the hula hoop, you are out. If someone successfully jumps in and out of the hula hoop, everyone who is out comes back in to the game.



PLAY → REP IT OUT!

- **EASY:** Use only one to two taggers in a larger space.
- **MEDIUM:** Increase boundary size.
- **HARD:** Use multiple taggers and eliminate players as the game continues.

CATEGORY:

TAG

ENVIRONMENT:

GYM

PLAYGROUND

GRADES:

K-8

FITNESS FOCUS:



BACK-UP GAMES:

AMOEBTA TAG

BAND AID TAG

FLAME AND FROZEN