

# RING BLING

## READY

### EQUIPMENT:

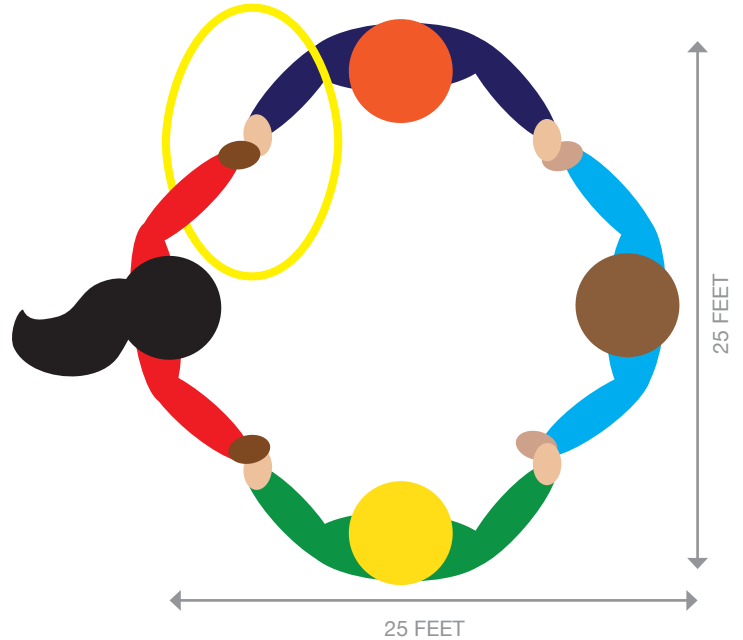
1-4 HULA HOOPS

### SET-UP:

STUDENTS FORM A CIRCLE

NUMBER OF STUDENTS: 10 +

TIME: 10 MINUTES +



## EXPLAIN

- 1 Make a circle and hold hands. Put a hula hoop between two people.
- 2 This ring must go around the entire circle without you letting go of each other's hands.
- 3 Work together to step through the ring to get it to the next person.
- 4 If the ring drops or you let go of your partners' hands, do 5 jumps.
- 5 Restart the game from where the ring drops.

### ✓ For Understanding:

- What do you do with your hands?
- What happens if the ring drops?

### GAME TIP:

- Help younger students step through the hula hoop.

### CONFLICT RESOLUTION TIP:

- Have each student help each other when stepping through the hula hoop.

### INDOOR TIP:

- Have students in a line instead of a circle.

## PLAY → REP IT OUT!

- **EASY:** Use 1 hula hoop.
- **MEDIUM:** Use 2 + hula hoops.
- **HARD:** Use 2 hula hoops and go in opposite directions.

### CATEGORY:

CIRCLE

### ENVIRONMENT:

CAFETERIA

### GRADES:

K-5

### FITNESS FOCUS:



### BACK-UP GAMES:

SQUEEZE

ROLLING THUNDER

RPS RUMBLE