Name/Title: Ball and Hula Hoop Fitness

Purpose of Event: To help students work on their cardiovascular endurance, spatial awareness, locomotor, manipulative, and hand-eye-coordination.

Prerequisites: Knowledge of how to do certain exercises may be necessary.

Suggested Grade Level: K-2

Materials Needed: Hula hoops for half of the students in the class and a small soft puff ball for the other half of the class, and some type of boom box or speaker system.

Description of Idea

The students are split up into pairs, one student will have a puff ball (spread out inside the play area) and the other will have a hula hoop (standing along the perimeter of the play area). The students with the hula hoop have to do stationary exercises, i.e., jumping jacks, push-ups, sit-ups, high knees, or butt kicks. The students who have the puff ball will be, jogging, galloping, skipping, side shuffling, hopping, or grape vining.

While the music plays, each student will be told which one to do first (students with the puff ball start with jogging and the students with the hula hoops start with jumping jacks) then when the music stops, the students with the puff ball have to find their partner and throw their puff ball into the hula hoop their partner is holding up beside them (if they miss retrieve and give it to your partner). Then the partners switch positions.

First group to make it to 10 wins!

Variations:

Having students do less complex movements like balancing, rolling, or hopping. For the students running around, have them walk. (try the exercises given if applicable). Also putting the hula hoop in the floor for the partner to shoot the ball into (the other partner would retrieve the ball)

Assessment Ideas:

Ask for demonstrations of different exercises.
Ask which exercises were easier- stationary or moving
Ask what students needed to do to get a better shot into the hula hoop/ was it difficult.

Submitted by **Allison Moukios** who teaches at The College of New Jersey in Ewing, NJ. Thanks for contributing to PE Central! **Posted on PEC: 12/5/2018**.

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