Name/Title: Hula Hoop Car Road Trip

Purpose of Event: Students will use cooperative, respectful and safe behaviors while maintaining good personal space. Students will cognitively recall actions associated with specific "road terms." Students will keep their heart rate up through active participation throughout the activity.

Suggested Grade Level: K-2

Materials Needed: One hula hoop per child

**Description of Idea**

Each student will hold a hula hoop around her/his waist, keeping the hoop horizontal to the ground throughout the activity. The hula hoop is her/his car and will be used to travel around the gym. (The hula hoop helps each student stay in her/his personal space.) Students need to avoid bumping into the hoops of other children.

While the students are traveling throughout general space, the teacher will call out “road terms.” When students hear a "road term" they perform the activity assigned to that specific term. Begin with only a few terms. As children learn the associated actions, more terms can be introduced. Some possible terms and their associated actions are as follows:

- Speed Limit 30: Walk
- Bumpy Road: Skip
- Flat Tire: Hop
- Stuck in the Mud: Jog in place
- Interstate: Jog in general space
- Rain: Drop the hula hoop & move arms up & down while making the sound of windshield wipers
- Radio: Drop the hula hoop & turn on the radio -- then sing a tune and dance inside the hoop
- Sunshine: Reach into the glove compartment to pull out cool shades -- put them on using the "John Travolta" fingers in a "V" shape moving over the eyes
- School Crossing: Walk very slowly
- Muddy Road: Slide in the mud by sliding feet & moving hips
- Spinning a Doughnut: Spin hula hoop around waist or other body part
- Out of Gas: Drop hoop & sit pretzel style inside hoop

**Assessment Ideas:**

Teacher observation using a rubric covering: (1) ability to maintain personal space, (2) cooperative, respectful, & safe behaviors, and (3) ability to recall action associated with each
term. Increased heart rate can be assessed through students feeling their pulse quickly during and after the activity.

Submitted by Linda Thompson who teaches at Potowmack Elementary in Leesburg, VA. Thanks for contributing to PE Central! Posted on PEC: 1/20/2010.

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