

HULA HOOPIN

Stephen Kibler

AGENDA

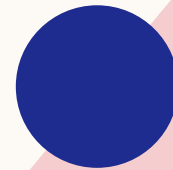
Introduction

Primary goals

Areas of growth

Timeline

Summary



INTRODUCTION

Today we will go over multiple games that have been tried and tested for secondary level PE classes. These hula hoop games will work for any age group with very few modifications.



PRIMARY GOALS

Our goals are:

By the end of the presentation, you will have activities that you can take back and implement into your program.

By the end of the presentation, you will have standards that you can use for standard base grading

STANDARDS

- 6.1 The student will demonstrate all critical elements in movement forms in various activities and demonstrate the six components of skill-related fitness.
- Combine and apply manipulative skills into small-sided games for overhand and underhand throwing and catching, throwing and catching to a target with accuracy and control, and hand and/or foot dribbling with accuracy at varying speeds while applying spatial awareness within partner and small-group modified game-play.
- 6.2 The student will apply both movement principles and concepts including the knowledge of anatomical structures to movement-skill performance.
- Refine and adapt individual and group activity skills by applying concepts of relationships, effort, spatial awareness, direction, speed, accuracy, and pathways to improve performance.
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- 7.1 The student will demonstrate competence and apply movement concepts in modified versions of various game/sport, rhythmic, dance, lifetime, and recreational activities.
- Demonstrate offensive and defensive strategies and tactics, including creating open space, skilled movement, speed, accuracy, and selection of appropriate skills/tactics to gain an offensive or defensive advantage through modified games/sports.

STANDARDS (CONT)

- 8.1 The student will apply and demonstrate movement concepts and skills in small-sided games/sports, rhythmic, dance, lifetime, and recreational activities.
- Demonstrate and apply movement forms to a variety of cooperative and tactical activities that include dynamic and unpredictable situations with a focus on defensive strategies, including reducing space, transitioning from offense to defense quickly, and selecting appropriate tactics to gain a defensive advantage.
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- 9.4 The student will explain and demonstrate the skills needed to be safe, responsible, and respectful in all physical activity settings.
- Identify and demonstrate proper etiquette, respect for the differences of others, integrity, safety and teamwork while engaging in a variety of activities.
- 10.1 D) Demonstrate appropriate and proper use of equipment in one or more lifetime activities.

ACTIVITY

- Over under
- Equipment Hula hoops
- Activity
- Students will alternate going over and under the hula hoop
- 2 students will hold and raise and lower the hoop until all students pass through

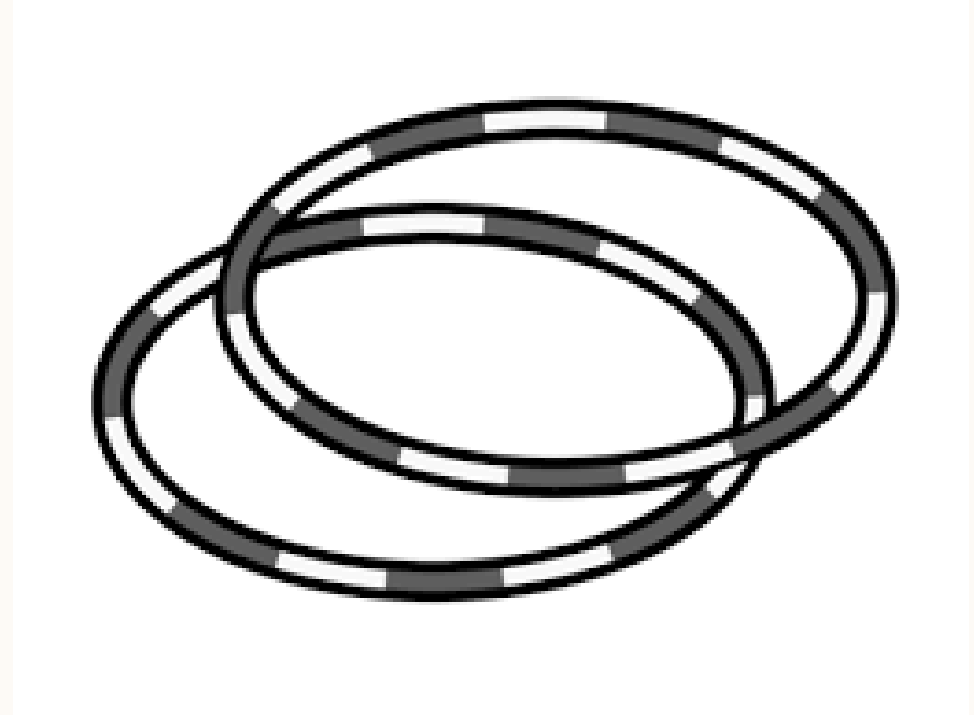
Pass Through

Equipment Hula Hoops

Activity

Ss will pass through the hula hoop from a start line to the finish line

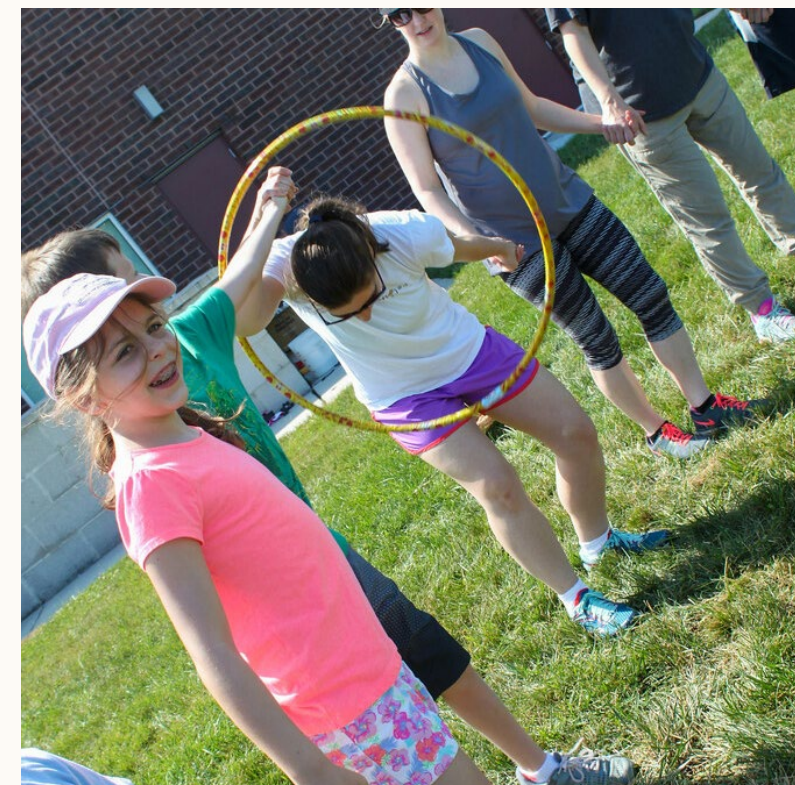
2 students will hold the hula hoop and move from one end of the gym to the other with each student passing through the hoop until they reach the finish line



ACTIVITY

- First across
- Equipment Hula hoops
- Activity
- Line up 5 Hula hoops in a straight line. Have Ss line up in a straight line and one from each team will walk in the hoops until they are face-to-face. Then the 2 students will do an activity with the winner advancing one spot and the loser must go the back of their line. The next person in line for the losing side will enter and challenge the opponent. Game continues until one team makes it all the way across.

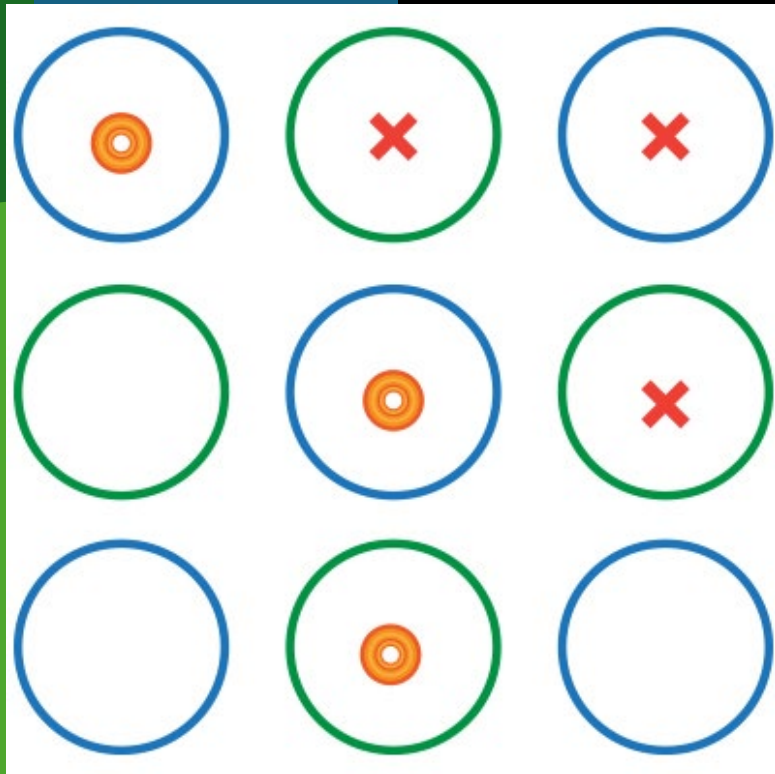
- Chain link
- Equipment hula hoop
- Activity
- Ss will link hands and pass the hula hoop through the entire group without breaking the chain.



Tic tac toe

Equipment 9 hula hoops

Different color pennies



Activity

Arrange the hula hoop in a standard tic tac toe surface

Divide the students into team of five

Students must complete a agility exercise to the cone and the first one their gets to place their pennie into an open hoop



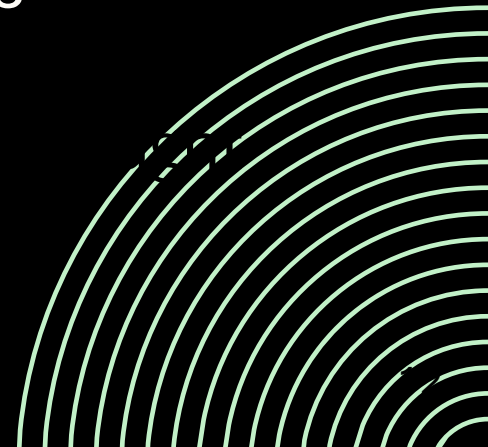
Across Relay

Equipment: Hula Hoops and soft equipment for throwing and catching

Activity:

Place the hula hoops around the floor

Divide Students into teams, then have them partner up. Ss will toss an object from the start line to their partner in a hula hoop. If their partner makes the catch, then they will continue to move to another hoop advancing across the area, throw and catch until they reach the



Place Hula Hoops throughout the gym
Divide students into teams and place them on each side of the gym
Students will toss an object to a teammate and if they catch it they bring the hoop back to their area. Then the next pair will go. Once they have retrieved 6 hoops they can build their hula hut
First team to complete wins
Great way to clean up the

HULA HUTS



Team Building Building

Equipment

Hula Hoops 2 jump ropes for each team

Activity

Place Hula Hoops throughout the gym

Divide students into teams and place them on each side of the gym

Students will go to a hoop, maneuver the ropes under the hoop and carry it back to their starting point.

Once the first pair successfully retrieves one hoop, then the next pair will go. Once they have retrieved 6 hoops they can build their hula hut

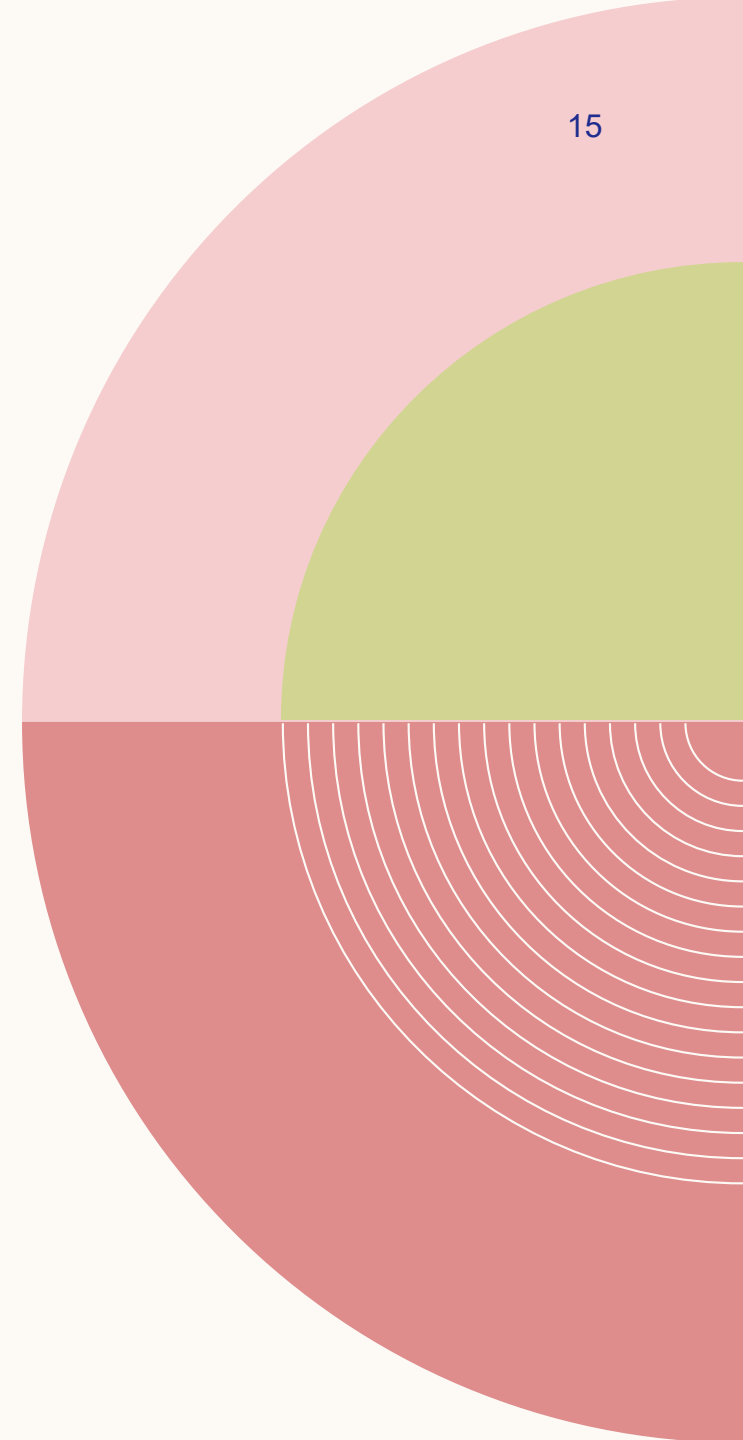
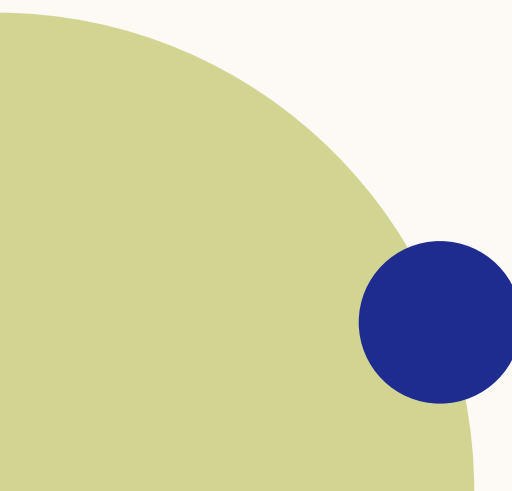
First team to complete wins

Great way to clean up the hoops



SUMMARY

These games can be used as introduction to cooperative games or can be fun days for rainy days. If you have any questions, please feel free to reach out to us and thank you for attending our session.





THANK YOU

Stephen Kibler

kiblerss@pwcs.edu