

# MUSICAL HOOPS

This is a cooperative version of the game Musical Chairs. Children are not eliminated during the game. Instead, hoops are taken away each round. The children have fun sharing the remaining hoops.

**GOALS FOR CHILDREN** • Practice running

## EQUIPMENT

- Hula hoops, one per child
- Music player

## INSTRUCTIONS

Place hula hoops on the floor throughout the area, leaving plenty of room around the edge of the area for the children to run.

Explain that when the music starts, the children are to run around the outside of the room, with everyone running in the same direction. When the music stops,

each child must find a hoop and stand inside it. Tell them that the next time the music stops, they must share a hoop with another child if they cannot find an empty hoop. Demonstrate the activity.

Ask each child to stand in a hoop. Start the music. After a few loops around the hoops, stop the music. When all the children are in hoops, dramatically remove one hoop from the game, leaving fewer hoops than children.

Repeatedly start and stop the music, removing another hoop each time. The activity ends when all of the children are sharing the one remaining hoop. They may need to help each other in order for everyone to get at least one foot inside the remaining hoop. Encourage the children to congratulate each other on sharing.

*Easier:* Very young, or highly distractible children may need you to hold their hands as they walk, rather than run, around the outside of the hoops. They may also need help finding an available hoop.

*Harder:* Vary the locomotor skill children use each time you restart the music. Ask school-aged children to jump, or hop, or tiptoe, or walk backward.

