

MUSICAL HOOPS

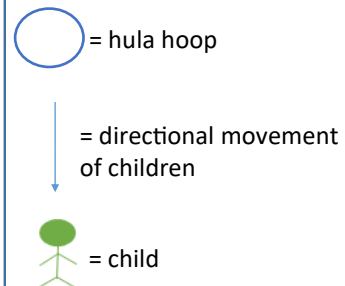
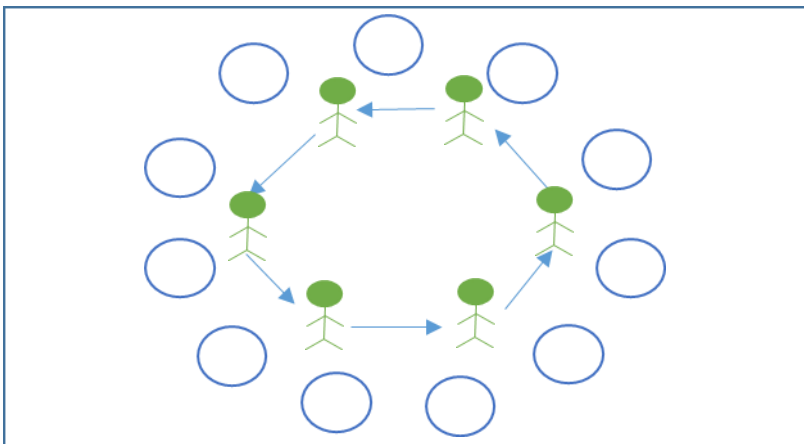
Gross Motor Skills: Locomotor: Walking, hopping, jumping, galloping

Suggested Ages: 4+ years

Materials: Upbeat music and one hula hoop per child



Set up: Arrange hoops in a large circle. Space hoops out, as children will be walking around this circle (similar to playing Musical Chairs). You could also use carpet squares or floor spots.



How to Play:

Game play is similar to musical chairs, except you will remove hoops from the circle instead of eliminating children. Start music and direct children to walk around the circle of hoops. When music stops, children must freeze with at least one body part inside of the hoop. Remove at least one hoop every time you stop the music. Encourage children to share space in remaining hoops.

Variations:

- Vary the locomotor skill children use to travel around the circle each time you start the music, like walking, marching, hopping, skipping, etc.
- Practice body-part recognition by asking children to place a specific body part in the hoop when music stops.

