

# Hoop Warm-Up

**Grade Level:** 4-6

**Skills:** Locomotor movements, spatial awareness, listening, and following directions

**Objective:** **Standard 6.SDP.5:** Identify bloodborne pathogens, such as HIV and Hepatitis B, and methods to prevent disease transmission.

**Equipment:** Hula hoops, upbeat/tempo music

**Organization:** Scatter the hula hoops throughout your activity area. Have the students spread out as well; while not standing in, nor touching the hula hoops.

**Activity:** Inform the students of the locomotor movements that are to be used. Usually it is best to start with a brisk walk and advance to more strenuous movements after a minute or so. Inform the students that you will be giving them a task to perform inside the hula hoops each time that the music starts. Every time that you stop the music, give them a different task to perform.

1. Move around the area going between and around as many hoops as you can without touching any hoops or other students.
2. Step inside as many hoops as possible with just one foot.
3. Step inside as many hoops as possible with both feet.
4. Touch as many hoops as possible with just one hand.
5. Touch as many hoops as possible with both hands.
6. Touch as many hoops as possible with one hand and one foot.
7. Touch as many hoops as possible with your left hand and right foot. Then try your right hand and your left foot.
8. Enter a hoop and lift it up and off of your body, place it upon the floor and repeat with a different hoop.
9. Enter a hoop, lift it up to neck height, drop it and run to the next hoop and repeat the same process.

With a partner:

1. Three feet and one hand inside the hoop.
2. Four feet and two hands inside the hoop.
3. One foot and three hands in the hoop.
4. One elbow and three knees inside the hoop.
5. Two sets of pockets and four hands inside the hoop.

**Closure:** Can you use other equipment to create your own game? What other activities could we do?

**Health:** What are bloodborne pathogens, and how can you protect yourself from these? Who should you tell if you see an unknown substance in your school? Is it ok to touch an unknown substance “real fast” if you wash your hands immediately afterwards?

**Piloted at:** Clinton