



Physical Activity Lesson Plan-Team Hoop Relay

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This game is a relay race in which teams try to move all of their items from the starting spot to the end spot. There are several rounds to this competition.

Group Size: 20-30

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5

Materials/Resources Needed:

8-10 hula hoops (pairs in the same color; ex. 2 yellow, 2 red)

4-6 balls or tossables per team ("soft" equipment will work best; yarn balls, nerf equipment, foam equipment, beanbags, scarves)

Pinnies (The same color pinnies as hula hoops will work best)

Lesson Objective #1:

To build communication skills and improve teamwork.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Ask students if they know how to play Ultimate-type games. Ask what some of their favorites have been.

Instructions:

SET-UP:

1. Set up 4 or 5 hula hoops on the half-court line in the gym. Set another hula hoop of the same color across from its match, on the end line.

2. Place 4-6 tossable items in the hoop on the start side.
3. Give each team pinnies that match the colored hoops they are at.

RULES:

1. One player must have a foot in the starting hoop at all times. Players can only toss one item at a time.
2. Other players on the team should spread out, so that the item can be passed up the floor. The goal is to get all items to the other end in the hoop. There must also be a player who stays at the end hoop, with one foot inside it. That player must catch the item in order for it to be placed in the hoop.
3. You cannot move when you have an item in your hand.
4. If an item drops, the player closest should run it back to the start hoop and the team can try again.
5. Continue until all items are in the end hoop. First team to complete this wins round 1.

ROUND 2:

1. Other teams can help defend and knock down passed items, plus continue to help their team on offense.

ROUND 3:

1. Move the end hoop so that it is in front of a different color. Now teams will have to work at a different angle to get to their end hoop. Be sure to use "soft" equipment during this round especially. Tossables will be going everywhere.

SAFETY:

1. Only short passes are allowed. You cannot throw an item across the gym.
2. Walk to move the items, do not run (especially in round 3.)
3. Always be aware of the space around you and watch where you are going.

Checking for Understanding:

Observe to make sure students are understanding the rules of the game. After Round 1, ask students what strategies they used; what worked? what didn't? what might they change?

Lesson Adaptations

Time Adaptations:

Play more rounds if you need to use more time.

K-2: Add or take away the number of items that have to be passed.

Location Adaptations:

This can be played in any open area.

Age Adaptations:

K-2: Change the number of items they have to pass. Play several rounds of Round 1 to give them confidence in the game. If successful, move on to Round 2.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: