



Physical Health, Well-Being, and Movement Skills Activity for 54 to 60 Months

Colored Hula-Hoops

This group activity encourages jumping, as well as sharing with another child.

Materials:

- Colored Hula-Hoops

What to do:

1. Place the Hula-Hoops on the floor, one for the child and each of his playmates. Have children stand in their assigned hoop.
2. Pick one color as the "hot" hoop by saying, "Red hoops are hot!" Any child standing in a red hoop jumps out and joins another child in a different color hoop.
3. Place emphasis on children jumping off of two feet and landing on two feet when they jump out of the hoops.
4. Make sure to begin with no more than two children sharing a hoop.
5. Have children go back to their original hoop when the hoops are filled (four per hoop) and then change the hoop color that is hot.
6. Ensure everyone is a winner!

