**Musical Hoops**

**EQUIPMENT:** hula hoops, music/whistle

**PLAYING AREA:** gymnasium or field

A drawing of a face

Description automatically generated

**SET- UP:**

* Set the hula hoops up in a circle.
* Set up the music or use another method, such as a whistle or verbal command to stop and start each round.

**OBJECTIVE:**

* The objective is to be the last person standing.

**RULES:**

* When the music starts, students run counter-clockwise around the circle.
* When the music stops, each student must find their own hula hoop to stand in. To get to a hula hoop, they must continue moving counter-clockwise around the outside of the circle.
* Whoever can’t find a hula hoop is eliminated. Students who are eliminated can help to be judges for the remaining rounds.
* If students double up in a hula hoop or make any kind of physical contact, they are both eliminated.
* Remove one hula hoop each round so there is always one more player than the number of hula hoops.
* The last person standing wins.

**GAME VARIATIONS:**

* Change the movement pattern to walking, skipping, or galloping.
* Students who are eliminated can do a fitness activity, such as 10 jumping jacks between each round.

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