

# Physical Education Fitness BLAST

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## Hoop It Up

### 1. Musical Hoops

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power  
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

### 2. Monster Truck Race

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power  
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

### 3. Super Hoopers

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power  
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

### **Musical Hoops**

Spread hula hoops through out the gym. Students run randomly around the hoops while music is playing. When the music stops they must get one foot in a hoop. Last one in the hoop has some quick activity to do ie: 3 jacks. Reduce the number of hula hoops as the activity progresses. Depending upon the class size you may not want to go the one hoop left for obvious safety reasons!

### **Monster Truck Race**

Set up a mud pit in middle of gym (designated zone mark with cones). Groups of three with 2 students at one end of gym and 1 at the other. One driver (group of 2 starts) has a hula hoop and must roll the hoop the length of the gym and pass off to waiting driver who then rolls back and so on. Music is playing with random stops. You don't want to get caught in the mud pit when the music stops.....if you do then use the hula hoop as a skipping rope and skip until music starts.

Variation: if they are really good then try it with two hula hoops

### **Super Hoopers**

Groups of 3 or 4. Roll your hoop and see how many times each person can run/ dive (if your really good) through the hoop before it falls. Tip: Try to put back spin on the hoop and it will come back to you and travel a long ways before it fall.