

Out In Out

How to play this game:

Set up a large area with lots of hula-hoops on the ground in random places. Children have to jog around the area, the adult leader shouts out either "1" or "2" and the children have to jump into a hoop with that amount of feet landing inside the hoop. The adult/leader then changes the game by shouting two numbers (both either "1" or "2"), children must take-off on the number of feet specified by the first number and land in the hoop on the number of feet specified by the second number. The adult/leader changes the game a third time and calls 3 numbers, the first tells the children how many feet to take off with before jumping into the hoop; the second tells them how many feet they must land in the hoop on whilst the third tells them how many feet they must land on as they jump out of the hoop.

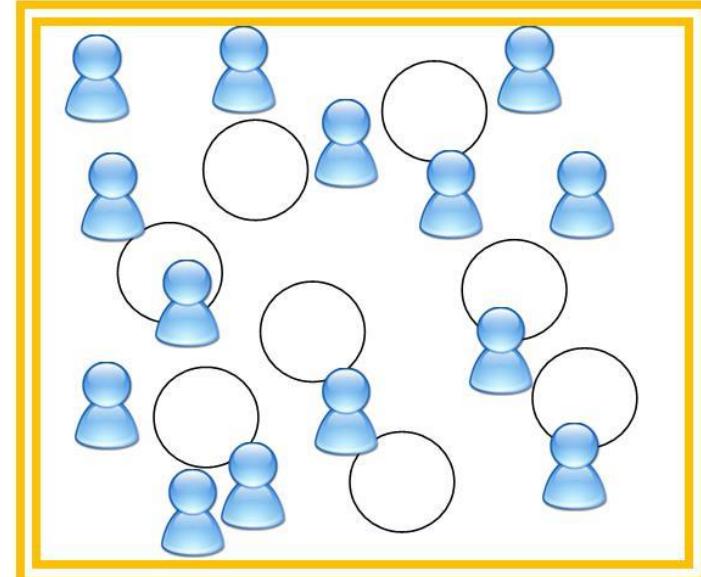
Adaptations

Change the size of the hoop by using throw-down spots, this makes the children jump with more accuracy.

The adult/leader can call out two sets of numbers e.g. "1 – 2"; "2,1 – 1,2"; "1,2,1 – 2,2,1". The children have to jog to one hoop to complete the combination that was said first and then jog to another hoop to do the second combination. This game become progressively harder as the adult/leader calls out 3 or even 4 combinations of numbers for the children to remember and perform.

This can obviously be used as a fantastic warm-up for a lesson on the long-jump or the triple-jump.

You can turn this into a knock-out competition with any child not performing the correct sequence or who is the last to perform it being out of the game. As you get down to a smaller number of children remove some of the hoops.



Learning Objectives

- Co-ordination
- Jumping skills
- Can be used as a fun warm-up or cool-down

Resources

- Activity area
- Hoops