

Tree Tag

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Grade Level: K-2

Academic Standards: Concepts, Principles, and Strategies of Movement Standard – 10.5.3 - A. Recognize and use basic movement skills and concepts: space awareness (e.g. self-space, levels, pathways, and directions), locomotor movements, manipulative movements, and non-locomotor movements. Physical Activity Standard- 10.4.3-A. Identify and engage in physical activities that promote physical fitness and health.

Objectives:

- Students will be able to recognize their self-space (inside the hula hoop) and general space (space that is between the hula hoops).
- Students will be able to practice following directions and being cooperate when getting tagged.

Subject Integration: Music

Materials: (assuming class size is 24): 24 hula hoops, masking or duct tape, a whistle, one basketball, one jump rope, two bean bags, CD player, and music selections. The hula hoop is the equipment of focus for this lesson. Hula hoops are generally made of plastic and some contain beads inside. They may be used for throwing (like a Frisbee), rolling, and hula hooping.

Skill Areas: Non-locomotor movement is used when the students have to remain inside of their hula hoops, but stretch to tag other players. Locomotor movement is used when the students have to run, skip, or gallop between the hula hoops and when a student is walking around inside of his/her hula hoop. Manipulative movement is used when the students dribble the basket ball.

Play Area: Indoors or outdoors

Formation: There will be one student inside of each hula hoop (there will be 6 hula hoops). The other students will stand behind a line until they are told to go, at which point they will run between the hula hoops.

Instructional Procedures:

- Anticipatory Set/Introductory Activity: Introduce the lesson by gathering students into a circle and giving each student a hula hoop. The students will begin by hula hooping with the hula hoops. A total of 3 successful hula hoopings will be made during the warm-up activity. A musical selection will be played as the students are practicing their hula hooping. When the teacher stops the music, the students must stop their hula hooping. Play the music for approximately 3

minutes. Next, arrange the students into partners and have them practice using the hula hoop to get the hula hoop to go around their neck, arms, and legs. Once this has been successfully accomplished, students can try to use two hula hoops for the same activity. Music will be played during this part of the lesson as well; and, when it stops the students stop hula hooping as well.

- Developmental Activities: Fitness Activity- HOOPstactle Course. Using 13 hula hoops students will go through an obstacle course. On the teacher's signal, students will be cued when to go. The first "station" will be using a jump rope and the students have to try to jump into the hula hoop using the jump rope 5 times. At the second station, students will be required to dribble a basketball while picking up a beanbag and moving it to another hula hoop; and, then picking up the beanbag from inside of the second hula hoop and put it back into the previous hula hoop. The third station will consist of 9 hula hoops set up in a hop-scotch pattern. Students will be required to hop-scotch through the hula hoops. For example,

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At the final station, students will be required to weave a hula hoop between four lines, trace a circle with their hula hoop, and also trace a triangle with a hula hoop. The lines, circle, and triangle can be marked using the tape. The circle and the triangle should be placed far enough away from each other that students will have to run to each of these mini-obstacles. When they have traced the triangle, students must repeat the mini-obstacle course to come back.

- Lesson Focus Activity: Tree Tag. Place the hula hoops about arms width apart from each other and have the students count off by 6. Pick any number 1 through 6 and the students with that number will become the "trees". The "trees" are the ones who will do the tagging. The students whose number was not called will line up behind a line made from tape and they will be the ones moving between the hula hoops. Music will played during this part of the activity; however, when the music stops the students must change their movement. For example, if Billy is skipping when the music stops he could gallop or jump instead, but not skip. The "trees" can only use their branches (arms) to tag a person. If a "tree" tags someone, they must yell, "You're a tree." The tagged student and the "tree" then switch places. This continues until the music comes to a complete stop and teacher blows the whistle to signal the end of the activity.
- Closing Activity: Arrange the students into one large circle. Give each student a hula hoop and have them perform arm, leg, and trunk stretches inside of the hula hoop.

Assessment: Observation of students' ability to follow directions and be cooperative. Using a checklist, observe the number of students who understood the game, stayed on task, and the number of students who did not understand the game and/or had difficulty staying on task.

Extension/Enrichment: Students can use the beanbag from the HOOPstacle activity to play hot potato while remaining seated in their hula hoops.

Special Needs Adaptations: Students using wheelchairs may benefit from having the hula hoops replaced with circles made from tape. Another student or the teacher could push the child around. Students with hearing impairments would benefit from raising the volume CD player. In this case, it would be recommended that the activity be moved outdoors for noise purposes. Hand signals could also be used for students with hearing impairments.

Behavior Management Concerns: Students may try to strangle one another with the hula hoops. They may also try to "catch" other students with this piece of equipment. Students may throw the beanbags into the hula hoops instead of placing them during the HOOPstacle activity. Some students may not be willing to switch places with the person who tagged them.

Reference: <http://www.lessonplanspage.com/PETreeTagHoolaHoopGameK2.htm>

