

## School-based Physical Activities

# Hula-Hoop Relay

Level  
K2-K3

### Equipment



Hula-hoops

### Objectives

1. Enhance cardiopulmonary functions and muscle strength
2. Improve overall muscle coordination, reflexes and flexibility
3. Strengthen cooperation skills



### Game Rules

- ① Step inside the hula-hoops and form a straight line
- ② The child at the back passes the extra hula-hoop to the front
- ③ The child at the front takes the extra hula-hoop and places it on the ground
- ④ Everyone jumps forward together
- ⑤ Repeat Steps 2 to 4 until reaching the finish line

### Modifications

1. Set a time limit
2. Single leg hops or backward jumps
3. Increase the distance
4. The child at the back runs to the front with the hula-hoop