



## Driving with Hoops!

### Car and Driver

#### Materials and Set Up:

One hoop per child  
Available indoor or outdoor space

#### Let's Get Started:

1. Children watch and listen as directions of how to play are demonstrated.
2. Each child, standing up, holds the hoop in front of their body. Tell them to imagine that the hoop is the steering wheel of a car and that they are the driver.
3. When children hear the following commands they are to do the corresponding movements as directed:

Green Light = GO (walk and turn hoop like driving)  
Yellow Light = MOVE SLOWLY (getting ready to stop)  
Red Light = STOP (freeze in place as if at a stop light or stop sign)  
School Zone = SKIP  
Highway = RUN  
Uphill = MARCH  
Flat Tire = HOP  
Tunnel = DUCK DOWN (bend knees and lower level of body)  
Pot Hole = LEAP  
Woo-Woo-Woo = MOVE TO THE SIDE AND STOP (emergency vehicle coming)

- With younger children only use 3 – 4 commands/movements.
- Vary the length of time between the commands.
- Try to "trick" children by repeating commands twice in a row.
- Children may devise other commands and movements.

## On the Road Again

#### Materials and Set Up:

One hoop per child  
Available indoor or outdoor space  
Music player and music (i.e. car/driving-themed songs such as *On the Road Again* by Willie Nelson)

#### Let's Get Started:

1. Instruct the children to put their hoop on the ground and stand inside it.
2. Tell them that the hoop is their steering wheel. When the music starts, they are to lift the hoop up to waist level and use both hands to turn it right and left as if driving while they walk around in the open space.
3. When the music stops, the children stop and drop their hoops to the ground as if they've reached a stop sign or stop light.
4. When the music starts again, they bend down and pick up their hoops and continue to drive.
5. You start and stop the music for short intervals or keep it on for long stretches. Add some dialogue to the game by mentioning that they may be caught speeding if going too fast.
6. The game lasts the length of one song.

Both of these hoop games promote and develop the following goals or learning outcomes:

- Locomotor transport skills: body moves from one place to another by walking, leaping, hopping, skipping, etc.
- Gross motor development: using the large muscles of the arms, legs and trunk to perform movements such as walking, running, marching
- Directionality: the inner sense and knowledge of where things are in relation to the body
- Spatial awareness: coordinated movement in relationship to other objects in the environment
- Bilateral coordination: using both sides of the body in unison
- Midline: the invisible line running from the head to the toes and dividing the body into right and left halves
- Crossing the midline: means that one hand spontaneously moves to the other side of the body to work there (i.e., turning the hoop like a steering wheel in a large arc)
- Listening skills: ability to follow verbal directions
- Cooperation: two or more people playing together rather than against one another, just for the fun of it
- Agility: quick, easy, lively movements
- Imagery: formation of mental images by memory, imagination or fancy