

Learning Objectives

- Students will safely perform a variety of locomotor patterns in general space.
- Students will participate in MVPA for sustained periods of time.
- Students will exhibit adherence to rules in physical activities.

Learning Targets

- I can move safely in general space without colliding with others.
- I can actively participate in activities that keep my heart rate up.
- I can follow rules to play fairly.

Teaching Cues

- Take only 1 beanbag at a time, do not toss to others.
- Keep your head up and look around to avoid collisions.
- No guarding hoops, everyone is on offense.

PREP

- 4 [hoops](#)
- 1 [beanbag](#) (or other collectible) per student

SET

- Create a large (30 x 30 paces) activity area with a hoop in each corner.
- Students in 4 groups; 1 per corner.
- Each student with 1 beanbag dropped into the hoop.

TEACH**1. Lesson Objective**

- The object of **Hearty Hoopla** is to collect beanbags from other hoops and return them to your home hoop.

2. Instructions

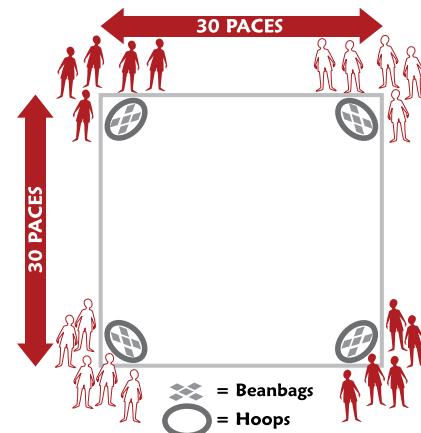
- On signal, fast walk to another group's hoop, and pick up 1 beanbag.
- Return to your group's hoop and drop it in your hoop (do not toss it).
- Repeat until the stop signal.
- The group with the most beanbags scores a point for that round.
- (Play several short games, 1-2 minutes per round. Change the locomotor skill each round, moving to more vigorous.)

3. Rules

- Take only 1 beanbag at a time.
- Visit all other hoops before revisiting any hoop.
- Place (don't throw) the beanbag into your hoop.
- No defending your hoop.

4. Challenges

- How many other hoops can you collect from before the signal?
- What will get you to other hoops faster: a zigzag pathway, a curved pathway, or a straight pathway?

**REFLECTION QUESTIONS**

- Why do we have rules when playing with others?
- What types of pathways will get you to other hoops faster?
- Which component of health-related fitness did you work on today? How do you know?



Hearty Hoopla

Key Standards Addressed

Standard 1.5.1

Combines varied locomotor skills in a variety of practice tasks.

Standard 1.5.20

Combines manipulative skills and traveling for execution to a target in a variety of practice tasks.

Standard 2.5.1

Applies movement concepts and strategies for safe movement within dynamic environments.

Standard 2.5.2

Demonstrates knowledge of offensive strategies in small-sided invasion practice tasks.

Standard 2.5.7

Defines and provides examples of movement activities for developing the health-related fitness components.

Standard 3.5.6

Makes choices that are fair according to activity etiquette.

Standard 4.5.5

Recognizes group challenges through movement.

(The complete set of standards for this lesson can be found in the Curriculum Resources section on SPARKfamily.org)

SEL Competencies

Self-Awareness

Self-efficacy

Self-Management

Self-regulation

Social Awareness

Respect for others

Relationship Skills

Cooperation

Vocabulary

- circulating
- eliminate
- version

SPARK It Up!

1. Wild Card

- I will choose 1 color beanbag to be the Wild Card but I will not tell you until the game ends.
- You will score double points for each beanbag of that color.

2. Sports Version

- (Use soccer balls, basketballs, hockey sticks and balls, etc.)
- This time, you will dribble the balls from hoop to hoop.

3. Healthy Choice

- (Add small, light foam or fluff balls to each hoop.)
- Take light, healthy fats (fluff ball) from other hoops, and place heavy, unhealthy fats (beanbags) in others' hoops.
- (Teach students that heavy fats represent LDL, or bad cholesterol and light fats represent HDL, or good cholesterol.)

Teaching Suggestions

- Remind student that after they pick up or drop a beanbag, they need to look before running.
- Encourage students to strategize with their team, and they should go to different hoops each time.
- If class size is large, create multiple games. Ideal size is 5-6 students per team.

Integration

"I love you with all my heart". "He wore his heart on his sleeve". "I give you my heart". Hearts have many important uses, but there is none more important than to keep your blood circulating. This pear-shaped muscle pumps oxygenated blood to all parts of the body, providing it with the nourishment it needs. Take care of your heart. Think of the 4 Es: Eat well, Exercise, Enough sleep, and Eliminate tobacco.

Teacher Reflection

