Hearty Hoopla

Ready

- 4 cones (for boundaries)
- 4 hoops
- 1 beanbag (or other collectable) per player

Set

- Create a large (30x30 paces) activity area with 1 hoop in each corner.
- Evenly distribute beanbags in the 4 hoops.
- Form 4 equal groups; 1 per hoop.

GO!

1. The object of Hearty Hoopla is to collect beanbags from other hoops and bring them to your home hoop.
2. On signal, walk quickly to any other hoop and pick up 1 beanbag. Return it to your group's home hoop, and then repeat at another hoop.
3. Rules
   - You may only take 1 beanbag at a time.
   - Visit all hoops before returning to any of them.
   - Place (don't throw) the beanbag in your hoop.
   - No defending your hoop.
4. Continue until the stop signal when we'll count the beanbags to see which group has collected the most. They will score 1 point for that round.
5. (Play several rounds and change the locomotor skill each round; moving from light to moderate to vigorous. Downplay the points.)

Variations

- Clean Your Refrigerator
  - All of the beanbags represent junk food inside of your refrigerator (hoop). The goal is to take 1 of your junk food items and put it into another team's refrigerator. (Original rules apply.)