

Hula Hoop ABC Relays

Introduction: Adding hula hoops to any activity can present fun challenges for students. This lesson combines the students' recognition of capital/lowercase letters and a hula hoop relay. With all of the excitement this activity provides, the students won't realize that learning is taking place!

Grade Level and Subject: Kindergarten Reading and P.E.

TEKS: Reading – 5E
P.E. – 1B, 1D, 3A, 3B, 5A, 6A, 6B, 7A, 7B, 7C

Materials: One hula hoop for every two students, large letter cards representing every capital and lowercase letter of the alphabet, manila folders, chalk

Resource: *The Ultimate Playground & Recess Game Book* by Guy Bailey. ISBN: 0-9669727-2-4

Activity: Before beginning this activity, the teacher should draw two lines about 30-40 feet apart on the playground or on the floor of the gym. The teacher will lay the hula hoops along one of these lines, evenly spacing them so the students can get to them easily. Behind the hula hoops, the teacher will place one manila folder for storage of the letter cards.

This activity begins behind the line with the hula hoops, which will be referred to as the starting line. The students should stand quietly in a group. The teacher will hand the students one of the alphabet cards face down, making sure that for every capital letter card that is handed to a child, there is a matching lowercase letter card. At the starting signal, the students are to look at their cards. They then will find the student with the matching capital or lowercase letter card.

Once the match has been made, the pair of students should run to a hula hoop and step inside of it. They are to place their letter cards in the manila folder located directly behind the hoops and pull the hula hoop up to approximately waist or chest level. The students will then begin moving toward the finish line. The teacher may determine which type of movement the students will be making, such as running, hopping, skipping, etc. As the pairs of students cross the finish line, they are to move away from the line, step out of the hula hoop, and wait patiently. When all groups have crossed the finish line, the teacher will pick up the folders with the letter cards and move to the finish line. He or she will then check the cards for accuracy, arrange the hula hoops and folders correctly, and give the students each a different card. Play then begins at that line and moves toward the other line. (The teacher might want to change the locomotive skills every time the students have a relay.)

Evaluation: The teacher will check the letter cards to ensure that the students matched the correct letters. If not matched correctly, the teacher can use the letter cards to show the students the correct capital/lowercase letter match. Also, the teacher will want to monitor the relay for safety purposes.



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