

High Hoop, Low Hoop

- Give each child a hoop.
- Use cones to section off a safe space to play this game.
- Children should push the hoop around the space with the palm of their hand.
- Shout out

'High Hoop.'

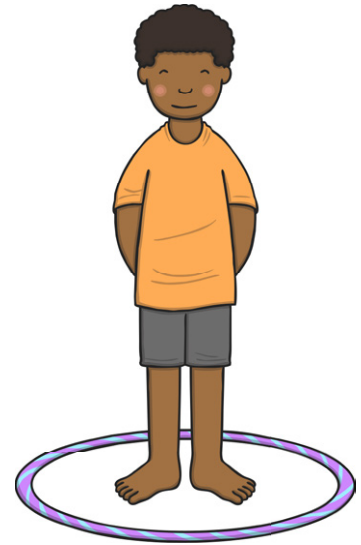
Children hold the hoop up above their heads.

- Shout out

'Low Hoop.'

Children place the hoop on the floor and stand in the hoop.

- Play the game for about 5 minutes.



high hoop



low hoop

