

### Baker's Hoopla

*Equipment:* Four hula hoops and Twenty-four beanbags

*How to Play:* Divide the class into groups of four or five. Give each group a hula hoop and six beanbags. Each team should be lined up behind their hoop. Hoops should be placed in the corners of the play area. On signal "Go" one person from each team is to go to another team's hoop and take ONE beanbag and bring it back to their hoop. Then the next person will go. Play for about two to three minutes and then stop. Count each teams beanbags and the team with the most wins that round. Even up the bean bags and start again.

This activity is from the Medical College of Georgia FitKid Project Intervention Manual. Yin,Z., Hanes, J., Jr., Moore, J.B., Humbles, P., Barbeau, P. & Gutin, B. (2005). An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. *Eval Health Prof.* 28(1), 67-89.