

## Hoopla Relay

*Equipment:* Beanbags, hula hoops and cones

*How to Play:* Divide the class into teams of three to four. Have each group line up behind a cone. In front of each group are three hoops in a line with a beanbag in each hoop. On signal “Go”, the first person in each line is to run to the first hoop, get the beanbag and bring it back. Then go to the second hoop, get the beanbag and bring it back. Then go to the third hoop and do the same. The next person to go will take the beanbags back one at a time, starting with the first hoop. Continue until everyone has had a turn. When all team members have had a turn, they run together to the last hoop, put one foot in and yell “HOOPLA.”

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.