

January 2008



Physical Activity Promotion

"Playground Hula-ball"

Equipment Needed:

- Hula hoops
- Two orange balls or bean bags
- 2 rocks or large objects to hold up the hula hoops

Step-By-Step:

Pre-Explanation:

- Stand hula hoops upright by placing a rock or a large object on the bottom to anchor them.
- Divide students into two teams.
- Students will stand behind one another, in straight lines a few paces away from the upright hula hoops.
- Give each student at the front of the lines a mini football.

Implementation:

- To begin the game, say "Go."
- One member from each team tries to throw the football through the hoop.
- All team members from each team get a chance to throw the ball.
- Set a goal for the team (i.e., be the first team to get 10 throws through the hoop).

Follow Up:

Class discussion (to be used to integrate Harvest of the Month along with the physical activity):

- What nutrients do oranges provide?
- How do the nutrients keep our bodies healthy?
- What do you like best about oranges? What do you like least about oranges?
- If the students are old enough, these questions could be asked during each round of the game. For example: as the students throw the football through the hoop, have them name one of the nutrients provided by oranges. Each question could be asked for a different round of Playground Hula-Ball.

Expansion Ideas:

Use different variations depending on level of difficulty:

- Roll the hula hoop on the ground and see if students can throw the football through the moving hoop.
- Lengthen the distance students must throw the ball.

Adapted from the *Network for a Healthy California* Harvest of the Month Cycle I Educator Newsletter (Green Beans):
<http://www.harvestofthemonth.com>



This material is adapted from the California Department of Public Health's **Harvest of the Month** tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.

