

Level: Second Grade

Lesson: Rhythm Hoops

Equipment: One hoop per dancer; tape or record player, music in 4/4 time;

Objectives: 1. Children explore using a hoop to move rhythmically.

2. Demonstrate at least three different hoop activities in own space that move the hoop with the beat of the music.
3. Demonstrate at least three different ways of traveling that use the hoop, and are done with the beat of the music.
4. Work with the hoops safely.
5. Have fun.
6. Create a sequence of movements that include traveling and movements in own space, using the hoop and moving to the beat of the music.

Part 1: Play fitness tag.

Part 2: Hoop and Rhythm Exploration.

Have each child get a hoop and stand in an own space. If you place your hoops spread out in the four corners of your work space, you will be able to send all your students at once to get a hoop. Check for good spacing.

1. Hoop Dancing: Listen to the music. See if you can stay in your own space and do these things in time with the music. Do you hear the beat? (Point it out to them)
 - Swing hoop from side to side; twirl hoop around your arm; waist; neck; etc.
 - Hold it horizontally overhead in both hands and sway from side to side.
 - Show me what you can do with your hoop in your own space, to keep in time with the music.
2. This time you can travel in time with the music.
 - Skip with your hoop; step inside and hold at waist level, skip to the beat;
 - walk backwards, swinging the hoop back and forth as you do;
 - run;
 - gallop, moving the hoop up and down in front of you as you do;
 - side-step, swirling the hoop as you do;
 - move in a zig-zag pattern;
 - Show me a way you can travel and move your hoop, keeping time with the music.
3. Hoop Jumping: Place your hoop on the floor. Let's explore jumping in and out of our hoops in time to the music in the following sequence:
 - Jump out the front (1-2 counts); jump in (1-2); jump out the back (1-2); jump in (1-2).
 - Jump to the right side (1-2); jump in (1-2); jump out to the left (1-2); jump back in (1-2);
 - jump in and out and around your hoop Counter Clock Wise (eight counts).
 - Hoop Hopping: Repeat the above sequence while hopping.
 - Show me a sequence that you can think of using hopping or jumping in and out of your hoop. When your sequence is finished, start it over again.

Part 3: Now you are going to create a hoop routine. Your hoop routine should include your favorite hoop movement in own space, your favorite way to travel and move your hoop,

and a sequence of jumping in and out of your hoop. Each part of the routine will be done for 8 beats. Try to figure out a way to make your transition from one part to the next smooth. How will you put the hoop down for the jumping part? How will you pick it up for the in place movement when the routine starts over again? Take a few minutes to practice what you will do, then we will try it all together. (As the class works, remind them of the three parts to the routine. Also remind them what 8 beats are, and that each part should take 8 beats. You can point out parts of routines that are cool. Pick out one or two students who have finished, and show their routines. The last part of the class should be a chance for everyone to do their routine starting all at the same time, let them go through the routine at least three times, and then finish. At some point, have everyone think of a shape to finish their routine in after the third time through!)