**Fitness Musical Hoops**

**Grade level:** 2-8  
**Equipment:** Hula hoops, music  
**Game Description:** In this fitness or warm-up game, hula hoops are placed around the basketball court perimeter. Choose a direction for players to travel: clockwise or counter clockwise staying on the outside of the basketball court line. Players cannot cross through center. Once the music starts they perform the cardio exercise of the teacher’s choice: jogging, running, skipping, cross-overs, etc. When the music stops they must get to a hoop within a few seconds. There can be as many people inside any hoop as possible, however everyone must be in a hoop. If anyone person is not standing inside a hoop, including all feet, then the entire class must do reps of a muscular exercise (push-ups for example). Once completed, a new cardio activity is given, the music begins again and the students do the next activity, however, once the music begins and the students are moving, the instructor removes one hula hoop from the game, etc, etc, until there is only one hoop left. At this point, give two jumping jacks per person for every one person that doesn’t make it into the hoop. And that’s fitness musical hoops!  
(Thanks to Paul Ford for this game idea)