**Hoop Guard** Grades 1-6

**Objective:** To toss a bean bag into your partner’s hula hoop and prevent him/her from tossing it into yours.

**Equipment:**

* 1 bean bag and two hula hoops for each 2 students

**Setup:**

* Partners place their hula hoops on the floor approximately 8-10 feet apart
* Each one stands in a hula hoop
* One player holds the bean bag

------- 8-10 feet --------

**Description:**

* When the music begins, the student with the bean bag will try to toss it into the other player’s hoop. It must be an underhand throw.
* The other player will try to defend his/her hoop so the bean bag does not land inside. He/she does this by either blocking or catching it. Players must stay in their hoops except to retrieve a bean bag.
* If it lands in the hoop and stops there, the student receives one point.
* Should it land on the floor inside the hoop while touching the hoop; as long as the bean bag is not touching the floor on the outside of the hoop, it counts as a point.
* If it lands on a student’s foot or feet; it is a point only if part of the bean bag is touching the floor.
* Players continue to take turns tossing the bean bag back and forth trying to score.
* Neither player may sit, kneel or lay down in his/her hoop; however, he/she may squat.
* If the throw is anything but underhand, the defensive player gets a point.
* The first player to reach 11 points is the first-place finisher.

**Variations:**

* Change the point value e.g. play until one player scores 21 points.
* Stop after a set period of time to switch partners. Whoever has more points is the first-place finisher.
* Replace the bean bag with another soft object such as a koosh ball or hackey sack.
* Play with three people. Setup the hoops to form a triangle. Each player may try to score in either of the two hoops.
* Play with four people. Setup the hoops to form a square. Two bean bags can be used.