**Bumper Car Tag** Grades 2-6

**Equipment**:

One hula hoop for each student preferably in equal numbers of 4-6 different colors

**Setup**: (For practice activities and the game.) – The hula hoops are scattered throughout the gym. A different student stands in each one.

**Preparation:**

Students will need to know how to “shuffle” in their hula hoops. “Shuffling” is moving (one's feet) along the floor without lifting them. When shuffling inside of a hula hoop the hoop is kicked gently so it moves the hoop forward and travels with you. Students must keep both feet in the hoop. “Shuffling” in hula hoops is a very good but strenuous exercise for the hips and legs.

**Practice:**

Here are a few activities to practice shuffling prior to playing Bumper Car Tag:

* Have students practice shuffling throughout the gym so that no hula hoops touch.
* Bumper Cars – Students shuffle throughout the gym. When close to another student, they may kick the hoop a little harder so it bumps another student’s hoop then bounces back. Students can only bump a hoop once then must search for another hula hoop to bump.

**Description**: Bumper Car Tag

The teacher calls out 1-2 different colors of hula hoops. For example: “blue and orange”

***When the music begins -***

Students must stay away from those two colors while shuffling in their hula hoops. If a student’s hoop is bumped by one of those colors, he/she must:

* pickup his/her hoop
* go to one of the four corners of the gym
* perform a designated hula hoop skill or exercise to return to the game.

After a minute or so, change the color(s) of the hoop(s) students want to avoid.

**Helpful Hints**:

* Students must stay in their hoops. They cannot step out of their hoop to get away.
* The “bumpers” may not guard the corners to immediately bump those students reentering the game
* Use 4-6 different colors of scrimmage vests if colored hula hoops are not available.