

# Hula Hoop Target Throwing

by  
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**Grade Level:** K-12

**National Standards:**

#1: #2: #3: #4: #5: #6:

**Learning Objectives:**

- The student will practice underhand throwing pattern.
- The student will work cooperatively in a group and maintain proper personal responsibility.
- The student will use proper social support.
- The student will have the opportunity to integrate mathematics during the lesson.

**Space Needed:**

- A large, flat area is best such as a grassy field, cafeteria, blacktop, or gym.

**Equipment & Materials Needed:**

- One (1) Hula Hoop per pair of students.
- One (1) lollipop per pair of students.
- One (1) rainbow stick per pair of students (may use chalk or rope).
- Three (3) yarn balls per student (two different colors per pair).

**Set-Up:**

- Place rainbow stick on the ground.
- Place the lollipop 3-5 feet away from the rainbow stick.
- Place the hula hoop 3-5 feet from the lollipop.
- Place all three objects in a straight line.
- Distance may vary depending upon skill level.

**Description of Learning Activities:**

- Two (2) students take three (3) turns each; alternating turns.
- Students must use proper underhand throwing pattern or the throw does not count.
- If the student steps on or over the rainbow stick, the throw does not count.
- The student is to throw the yarn ball through the lollipop and have it land in the hula hoop.
- Students leave the yarn balls where they land until all yarn balls are thrown.
- Scoring: 1. Around the lollipop, landing in the hula hoop = 5 points; through the lollipop and does NOT land in the hula hoop = 10 points; through the lollipop and lands in the hula hoop = 15 points.

**Authentic Assessment:**

- Teacher observation of students' social support and group cooperation working with their partner.
- Students give themselves an assessment regarding how they interacted with their partner.
- Ask the students what strategy they used when throwing the yarn ball.
- Instructor may use a skills checklist to determine skill level of each student, for underhand throwing pattern.