

Research and Developmental Benefits of Locomotor Play

Rock, Paper, Scissors Hula Hoop Race

University of Alberta: Emma Kieftenbeld, Erin Berthelsen, Chloe Smith & Kaylin Berlinguette

Materials /Space Needed:

~50 x 80 ft of space (indoors or outdoors)
Hula hoops or something similar (e.g., tape squares on the floor, draw circles with chalk outside)

How to Play:

The goal of the game is for the player from one line/group to make it to the oppositions starting point

Hula hoops are set up next to each other in a random pattern/path

Players are split into 2 groups, with one group starting on one end and the other group starting on the other end

When the game leader says "Go!" one player from each side jumps from one hula hoop to the next until they encounter each other face-to-face on the hula hoop path

Players play one round of rock, paper, scissors – the winner continues hopping on the path to meet the next opponent, while the other player exits the path, heads to the back of the line, and a new player from the group starts on the path

The game continues until a player makes it all the way to the other side



Image source: <https://www.swww.com/blog/hoop-hop-showdown-rock-paper-scissors-hula-hoop-activity/>



Adaptations:

Make the hula hoop path longer or shorter

Make the path a straight line to make it easier or make it more difficult by adding more turns or obstacles

Try out different variations of hula hoop paths (like pictured above)