

## Objective

By the end of this lesson, the student will have improved their coordination, balance, and strategic thinking skills through playing Tic Tac Toe using hula hoops.

## Materials and Prep

- 3 hula hoops
- Open space for playing
- Comfortable clothing and footwear
- Basic knowledge of Tic Tac Toe rules

## Activities

- **Hula Hoop Tic Tac Toe:** Set up a Tic Tac Toe grid using the hula hoops on the ground. Players take turns placing themselves inside a hoop to make their move.
- **Hoop Hop:** Jump from one hoop to another in a sequence to improve agility and coordination.
- **Hoop Balance:** Try balancing the hula hoop on different body parts like the head, shoulders, or knees to enhance balance skills.

## Talking Points

- **Coordination:** "Coordination is key in this game. Make sure to place your hula hoop in the right spot to win the game."
- **Balance:** "Balancing the hula hoop on different body parts can help improve your overall balance and stability."
- **Strategy:** "Think ahead and plan your moves in advance to outsmart your opponent and win the game of Tic Tac Toe."