

Activity: “Three to Win” Ring Toss

Objective: Youth will be reminded that we need 3 servings of low-fat dairy each day, while being physically active.

Youth will be playing ring toss. Youth 5 and 6 years will use cones and youth 7 and up will play human ring toss.



Space Needs: Outdoors or in a Gymnasium

Materials:

Hula Hoops (3 per team)

Cone (1 per team)

Set-Up: Select a start/throwing line

Set up cones 5 large steps away from throwing line (can be longer for older kids)

Steps:

1. Have students pair up or split into teams and give each team 3 hula hoops.
2. Choose one person to be the target. Use a cone for 5 and 6 year olds.
3. The human target will stand directly behind the cone.

The human target has to stand on their mark, but can bend at the waist and point arms up in the direction of the pool ring to make it easier to ring them – to make it more challenging for older kids you can disregard this modification.

4. Start tossing!
5. The first team to get 3 rings on the human target (cone), for 3 servings of Dairy, wins!
6. If time allows select a new “target” and play again.

**Go to CLOCC.net/teamgames
to see a video demonstration!**