

# Hula Hoop Hop!

## Lesson Idea:

John 14:6

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

Matthew 28:19

Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit

We need to be spreading the good news and truth of Jesus to all the world, because **Jesus is the only way to heaven.**

For this game, each token represents the good news, and we need to go and give the good news to others.

Have one word of the verse printed and placed inside each hula hoop. As the children hop into the hoops, they repeat the memory verse.

Alternatively, have the children repeat the verse or a phrase instead of saying Rock, Paper, Scissors (e.g. Jesus is the way to heaven – in the same rhythm as Rock, Paper, Scissors)

## Items needed:

- Hula Hoops
- X2 Tins per team (1 tin with tokens, 1 empty tin)

## Game instructions:

Link to video demonstration: <https://youtu.be/jaZz6mJl1jl>

1. Set up the hula hoop "playing board" into a snowflake diagram (depending on space), alternatively just one row.
2. Split the children into 4 or 5 team.
3. Each team stands in a line behind each other at one of the ends of the diagram. This is the team's starting point.
4. Place a tin with tokens at each starting point, as well as an empty tin.

5. One person from each team goes at a time. They must hop into each hoop to move across the board.
6. The goal is to make it to end of the board (another team's starting point) and put their token into the empty tin.
7. As the children are hopping, they come head-to-head with another player. These two players then play rock paper scissors (RPS)
8. The person that wins RPS keeps hopping while the person that loses then steps out of the hoop (off the playing board) and runs back to their team.
9. As soon as the player steps out of the hoop (off the playing board) the next person on their team can begin. The same happens if a child makes it to the empty tin; that player steps out of the hoop, which allows their next teammate to begin.

