

## Musical Hoops



When training for muscular endurance, it is best to work with resistance that allows for performing more than eight repetitions. Strength gains are made, but as the number of repetitions is increased, more gain is made in muscular endurance. Someone who is performing 15 repetitions of bicep curl with a light load could not expect to see great changes in the area of strength. Someone struggling to do five repetitions with a heavy load would see bigger gains in strength than in muscular endurance.

### Supplies:

- Hula Hoops
- Foam Balls
- Cones
- Music
- Stereo
- Weights of some sort
- Jump Ropes

### How To:

1. Choose two students to be taggers. Assign one tagger as muscular endurance and the other muscular strength.
2. Give each tagger a foam ball.
3. Instruct students to move about the playing area without touching or going into the hula hoops while performing a specific movement (ex. skipping)
4. On the signal "Go", start the music.

- 5.** When tagged by "muscular endurance," student will go to the designated muscular endurance exercise area and perform 15 stretch band bicep curls.
- 6.** When tagged by "muscular strength," student will go to the designated muscular strength exercise area and perform bicep curls. Have students use multiple stretch bands to make it difficult to complete more than eight repetitions.
- 7.** Stop the music every 2 minutes and have students run to an empty hoop.
- 8.** Call out "Muscular Strength or Muscular Endurance," students who do not have a hoop will go to that area and complete the exercise.
- 9.** Start the game over by selecting new taggers and removing several hoops. Pick a new locomotor movement, (ex. galloping) and restart the music.
- 10.** Suggested movements : skip, gallop, march, power walk, side slide, crab walk, bear walk.
- 11.** After the activity is over ask the kids a reflective question such as "How can you tell when an exercise you're doing changes from muscular strength to muscular endurance?"