Hoop races

Players in groups race each other by passing a hoop up and down their line while making up and down noises. (Play in groups of 4–6.)

What you need
> 1 hula hoop per group

What to do
> In groups, players form a line, one behind the other approximately 1 metre apart.
> The first player in the line steps into the hoop, takes it over their head and then passes it to the next person at head height.
> The next player takes it over their head, lowers the hoop, steps through it and passes it to the next player.
> Each group agrees on an ‘up noise’ and a ‘down noise’ and makes these noises as the hoop travels up and down.
> This pattern continues until the hoop reaches the end of the line.
> The end player runs to the beginning of the line and starts again.
> Play until the original leader is back at the front of the line.

Change it
> The hoop must travel down the line without players breaking the link with their hands. Practise a few times to get the best technique and the fastest speed.
> Challenge the teams to see how many times their hoop can travel up and down their line in 1 minute.

Safety
> Check there is enough space between players/groups and that players are away from walls or obstacles.

Ask the players
> How can you work together to get the best result?
> What are some different ‘up and down’ noises you can make?

LEARNING INTENTION:
Hoop races is a fun energiser allowing students to practise fundamental movement skills and movement sequences while encouraging teamwork and coordination.