Move that Hula

Teamwork Activity

Objectives:
1. Experience cooperative play.
2. Work with others as a team to achieve a task.

Age:
8 years and older.

Length:
Approximately 10 minutes.

Supplies and Materials:
Six to nine hula hoops.

Special Considerations:
Wheelchair-Bound Participants: For participants confined to a wheelchair, have the hoops start and end with them so they do not pass through the hoop.

Activity Directions:
1. Share with players that the goal of this game is to have fun and encourage your team members since we all have different abilities.
2. Divide into groups of 8 to 10 players. Have each group stand in a circle facing the center and holding hands.
3. Separate one pair of hands so you can place a hula hoop over one player’s arm. Have the pair clasp their hands again.
4. Explain they are now to move the hula hoop around the circle without unlocking hands. Fingers cannot be used and each person must pass through the hoop. Once one hoop is started, add a second hoop going the same direction and then a third.
Variation: Add the second hoop going in the opposite direction so that one hoop has to pass through the other to make it around the circle.

5. After the activity is complete, ask the following questions:
   What was the hardest part of this game?
   What was something someone said or did that was helpful or encouraging?

Take Home Tidbit
Take home slip says the following:
“Ask me about the game where we passed a hula hoop around our circle at the WIN Kids Fun Day.”