

Hoop Race



Objective

A competitive and cooperative physical activity which requires teams to work together.



Equipment

- Hoops



Preparation

- Split the children equally into appropriate groups, taking into consideration ability and space available.
- Give each group a hoop and ask children to create a circle holding hands.
- Two of the children hold hands through their team's hoop, ready to begin.



Instructions

- Each teammate in turn will need to move and navigate their body through the hoop to pass it on to the next person.
- Provide the children with the rules:
 - The hoop must be passed around the whole group and return to its starting point.
 - Children must not break the circle by letting go of a teammate's hand.
 - Children must not grab the hoop with their hands.



Other information

- Introduce competition within each team by adding another hoop to chase the existing hoop. If the original hoop is caught, they must start again.

