

# The Magic Hoop



## Objective

A competitive and cooperative physical activity.



## Equipment

- Hula Hoop
- Blindfolds



## Preparation

- Split the children equally into appropriate groups, taking into consideration ability and space available.
- Give each team a hula hoop.



## Other information

- Blindfold some members of each team to develop different communication methods/techniques.



## Instructions

- Each team must work cooperatively to find the most effective/efficient way to get the hula hoop to the ground using only one finger on each hand.
- Children will start by holding the hoop waist height and then begin to lower it to the ground.
- Provide the children with the rules:
  - Each person can only touch the hula hoop with one finger from each hand.
  - If the hula hoop falls, they must pick it up and start again.

