

HOOP WALK

Items Needed: Several Hula-Hoops

Have group members line up side by side with two hula-hoops for every three people. Have them connect themselves by putting one foot in each hoop all round the circle (i.e. left foot in one hoop, right foot in another), and pulling the hoop tight so that it isn't dragging on the ground: until the entire line is connected by Hula-Hoops. The people on the ends will have their outside leg free. Once everyone is connected, the team tries to walk across a designated area without letting the hoops fall.

Variation: Have two rows of people, one in the back and one in the front, all connected using the same hoops.

DISCUSSION IDEAS

1. Was this game easy or difficult for the group? Why?
2. What were some obstacles your group encountered while doing this activity?
3. Are obstacles easier to overcome on your own or when with a group? Why?

VARIATION:

Use string or elastic bands instead of hoops and tie the legs together.

