

Hula-Hoop Relay

Grades K-5

BENEFIT

Muscular coordination, cooperative skills

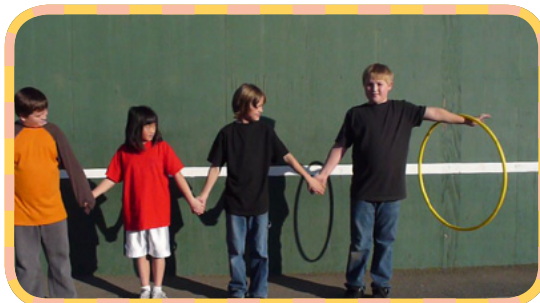
LOCATION

Grass, blacktop, multipurpose room

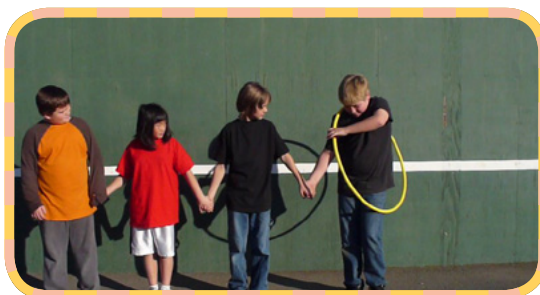
EQUIPMENT

Two Hula-Hoops

1 Split your class into two teams. Teammates hold hands and form a line, side by side. The two teams face each other. Give a Hula-Hoop to the student at the head of each line.



2 Say "Ready, go" to begin the relay. The student holding the hoop steps through the hoop and passes it to the next person in line. The students can make any movement to move the hoop along (for example, raising and lowering their arms), but all members of the team must keep their hands connected as the hoop passes from student to student.



The first team to successfully pass the Hula-Hoop down the line wins the relay.

3 The relay ends when the hoop reaches the final person in line. The team that finishes first wins.