



Hoop races

Players in groups race each other by passing a hoop up and down their line while making up and down noises. (Play in groups of 4–6.)



What you need

- > 1 hula hoop per group

What to do

- > In groups, players form a line, one behind the other approximately 1 metre apart.
- > The first player in the line steps into the hoop, takes it over their head and then passes it to the next person at head height.
- > The next player takes it over their head, lowers the hoop, steps through it and passes it to the next player.
- > Each group agrees on an 'up noise' and a 'down noise' and makes these noises as the hoop travels up and down.
- > This pattern continues until the hoop reaches the end of the line.
- > The end player runs to the beginning of the line and starts again.
- > Play until the original leader is back at the front of the line.

Change it

- > The hoop must travel down the line without players breaking the link with their hands. Practise a few times to get the best technique and the fastest speed.
- > Challenge the teams to see how many times their hoop can travel up and down their line in 1 minute.

Safety

- > Check there is enough space between players/groups and that players are away from walls or obstacles.

Ask the players

- > How can you work together to get the best result?
- > What are some different 'up and down' noises you can make?

LESSON LINK:

Hoop races is a fun energiser that encourages teamwork and coordination. It also gives players an idea for an activity they can use in a circus show.