



Australian Government  
Australian Sports Commission

EASY MED HARD



# Walk in line hup la

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The whole group stands in a line all facing forward and holding hands. On a verbal or non-verbal (e.g. hand squeeze) signal from the group leader, the group steps forward to an imaginary line together and stretch their arms upwards, yelling 'HUP LA!'.

## What to do

- > The whole group stands in a line, all facing one direction (forward) and holding hands.
- > One player in any position in the line is nominated to be the leader.
- > The group determines what the verbal or non-verbal signal is e.g. squeezing hands, bending the knee, making a particular call or on a 3-2-1 countdown.
- > The leader gives the signal to start moving.
- > If the signal is non-verbal, players quickly pass the signal down the line.
- > When everyone has the signal, the group must take a step forward together, as one.
- > Once the group reaches an imaginary line, players are to stretch their arms upwards and yell 'HUP LA!'.

LEADER



'Hup la' is a commonly used term in circus performances. It is most often shouted by performers to signify a special trick or the end of an act. It is often used with a bow to mark the end of an act or show.

## Change It

- > Allow players to choose their own group action for a different effect (e.g. a hand clap or a foot stomp). Everyone must do the same action for maximum performance effect.
- > Vary the type of forward movement performed (e.g. walk, skip, hop).

## Ask the players

- > What other actions could you add?
- > How can you make sure everyone walks and shouts in sync?

## LESSON LINK:

Walk in line hup la is a cooperative warm up activity that introduces players to a circus environment.

SESSION PLANS

Combos > Start Out MV 05B + Start Out MV 06A + Get Into It MV 09B