







Walk in line hup la

Α

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.

and yell 'HUP LA!'.

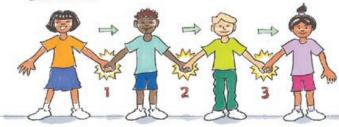
> When everyone has the signal, the group

> Once the group reaches an imaginary line,

players are to stretch their arms upwards

must take a step forward together, as one.

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.

