

Materials

Hula hoop

Time

5 - 10 minutes

Objective

To challenge students to work together as a team to accomplish a task.

Instructions

Instruct the class to form a big circle and hold hands. Put the hula hoop inside the joined hands of two people. Tell the class that the object of the activity is to pass the hula hoop around the entire circle without unlocking their hands. (The hula hoop must go over the students head and from underneath their feet in order to pass it from their left arm to their right, or vice versa.)

To make it more challenging, add a 2nd hula hoop of a different size that must pass through the 1st one.