

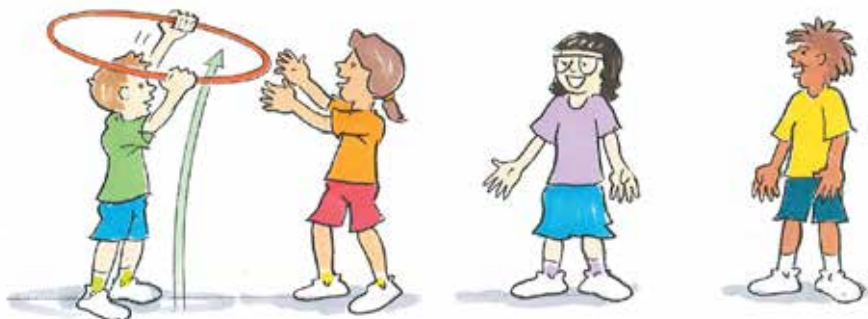


# Hoop races

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?
- > How were you feeling during the activity? How did your emotions change your actions during the game?

## LEARNING INTENTION

*Hoop races* is a fun energiser allowing students to practise fundamental movement skills and movement sequences while encouraging teamwork and coordination.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION  
SELF-REGULATION (EMOTIONS)

COLLABORATION

REASONING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08  
ACPMPO25  
ACPMPO43