



### **Hula Hoop Pass**

**Equipment Required:** Hula Hoop

**Space Required:** Small

**Group Size:** Any

**Skills:** Teamwork, Communication

**Brief Overview:** Students hold hands to form a circle. Place a hula hoop between one set of students. Students then work together to get the hoop all the way around the circle, holding hands the entire time.

**Instructions:** Have students hold hands to form a circle. Place a hula hoop between one set of students with arms going through the hula hoop. Next, have students work together to get the hula hoop around the circle, holding hands the entire time.

**Discussion points:**

- 1) Did you find this difficult?
- 2) Were your neighbors helpful?
- 3) What do you feel you took away from this task?

**Hints for Coaches:** To increase the difficulty, 1) add a deflated tire tube to the mix, 2) add a ball under the chin (no hands allowed) or 3) have them pass two different-sized hoops around the circle in opposite directions.