

Connections Activity

Adventure through *Connections* Health & PE Activity

Title/Skill:	Loop The Hoop
Connection Goal:	Communication, Behavior, Teamwork
Grade Level:	9-12
Month:	Adventure Connections
Time Needed:	20 minutes

Handouts/Materials Provided:

- 1 Hula Hoop

Summary of Activity for the Advisor:

Instruct players to hold hands in a circle with a hoop hanging over a pair of hands between two people. On teachers signal, tell the group to pass the hoop around the circle **without letting any hands go**.

Encourage players to use different strategies to help their neighbors position the hoop. The task is finished when the hoop returns to its initial position.

With 8 or more players, add a second hoop of different color across from the first hoop. Once the group has completed the task, score the game by how many hoops a group can pass around in a specified time frame. (Continue passing the same hoop[s] around successive times until time expires.)

Make sure to give feedback to the group about how well they are cooperating or not cooperating. May want to deduct points/time if you see incidences of un-cooperation.

Variations:

Add another hoop and/or suggest that players try to pass the hoops without letting them touch the floor.

Add a smaller and/or larger sized hoop for an additional challenge.

Read/Review/Discuss/Do with students:

*****Adventure Connections Facilitator & Teacher Review and Feedback**