



Group Activities, Fun & Games

HoopScotch

A classic playground game - Hopscotch but using hula hoops!

- • Set a series of hoops out in the traditional hopscotch pattern & challenge your participants to complete a full HoopScotch run. Participants will then take it in turns to run the HoopScotch gauntlet.
- • You could try arranging hoops on the ground in different patterns and creating different obstacle courses.

Hoop Pass

This is a classic Hula Hoop game.

You need a group of players.

Players can stand in a line or a circle, but must be holding hands. Give the first person the hoop by looping it over one arm. Players must then pass the hoop down the line/around the circle without letting go of each others hands.

You could divide the group into two and run a Hoop Pass race.

Battle Hoops

Arrange the group in a big circle, spinning the hoops on their waists.

The objective is for participants to knock other players hoops down by hitting them with their hula hoop &, at the same time, keep their own hoop spinning.

When you say go, everyone must start walking in towards each other & battling. The winner is the last player standing with their hula hoop.

Reminder to tell players they are aiming for the hula hoop only and to keep their arms out of the way.



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Hula Hoop Relay Race

The objective: For groups to run a relay race as a team while spinning the hoop on their waists. First team over the line wins.

1. Split your class up into groups of equal numbers.
2. Mark out a race track with a "start line" & decide the distance the race will be before marking a "relay line".
3. Divide each group equally in 2; get one half of the group to line up in single file along the "start line" & the other half facing them in single file at the other end of the track on the "relay line".
4. Each participant must run the course with the hoop on their waists and tag their teammate who must continue the race.
5. First team over the line wins.

Remind your participants re safety with the hoop/trip hazards; if the hoop drops down they must stop & get it going again, before continuing to run.

Hoop Ball

For this you will need a ball of some variety, larger is better & we have used pilates balls with alot of success before.

Players stand in a circle spinning the hoops on their waists. Give the first player the ball, they must then throw the ball around the circle without dropping it & keeping their hoops spinning.

Alternatively, players can pass the ball across the circle to each other, or you could divide the group into two and run a Hoop Ball race.

You could also run a team Hoop Ball game, with goals at each end of a pitch & players must pass the ball between them & score goals.



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Hoop Off

All participants start off spinning their hoops at the same time, once the hoop falls to the floor they are out. The last one standing is the winner.

You can make this game more difficult by throwing challenge at the participants while they are hooping.

Some examples can be; Waist hoop with legs together in Beanpole, arm movements, jumping, hopping, turning, walking, walking backwards, Limbo, Twerk.

Spinning Hoops

Arrange the group in a big circle. All participants start holding a hoop in front of them.

Participants must spin the hoop on the floor in front of them, using their hands/fingers to get the hoop spinning. They must then run across the circle and grab another hoop before it falls to the floor. If they don't grab another hoop before it falls to the floor they are out.

Firstly give everyone a chance to practise their spin, then give everyone a countdown to start their hoops spinning & off they go!

The Objective; to grab another hoop before it falls to the floor.