Unbroken Chain

Twist and Turn But Don’t Let Go!

This is a great activity to strengthen balance and motor skills!

Ask players to stand in a circle and hold hands. Two players will unclasp hands, one will place a hoop on her/his arm, and then they will clasp hands again.

The goal is to move the hula hoop around the circle of players without breaking the chain of hands.

This becomes more fun when players bend, squat, stand on one leg and move in creative ways to get the hoop over their heads so they can pass the hoop to the next player.

For a clever challenge, involve at least two groups and use a countdown timer to see which group can move their hoop around the circle the quickest.