

HULAPALOOZA

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HULA-HOOP RELAY

TEAMWORK GETS YOU TO THE FINISH LINE!

1.



In this game, each player has a different role on their team.

2.



Divide your group into teams of four, with one hula-hoop per team. Assign each player an activity to complete before passing the hoop to the next person.

3.



The activity could be jump roping with the hoop, or hooping around the waist, ankle or arm.

5.



To increase the difficulty, change the rules. Each participant must do all four activities (such as around the waist, around the ankle, jump roping and hooping while walking backward) before passing the hoop to the next team member.

4.

The first team to complete all activities is the winner.

