

To the Whole Class

Alright guys, my name is Ms. Turner um and is hula-hoop relay races. Because as you know the basis of every sport is team work, and in case you didn't know it is national team work week. So the first thing we are going to do is you are all going to get in a line, now everyone hold hands. Alright so what we are going to do the hula-hoop is going to start out on this end (goes to give the "hula-hoop" to Sarah) and you are going to have to pass it down the line without letting go of hands and the end person and the starting person cannot use their hands.

To George

You have to pass it like this (demonstrates how to move your body through the hoop)

To the Whole Class

Alright, ready, go. (class starts passing hula-hoop)

Another variation of this is that everyone needs to get in a circle and I am going to pick up the hula-hoop and no one can let go of each other hands. We are going to go this way (points head to the right so counter-clockwise).

So now we are going to split into two groups and race against each other. (splits class into two)

Alright so now hold hands in your group, and remember you can't let go, and the end people cannot use their hands.

Alright, so read, set, go!

Now join hands in a circle, and remember you can't break the circle. Ready, go!

The point of this game is to teach kids teamwork. If one person doesn't help the other person through the hoop, the next person isn't going to be able to go through and it will slow your team down.