



Hula Hoop Flip Ball

Description

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Groups will work together and learn how to act as one while competing to get their hula hoop across the room in the fastest time.

Supplies

- Hula hoops
- Tennis balls
- Large space

How to Play

1. Split the group into equal teams of 3-5 students.
2. Have each team line up at one side of the room. If playing outside, put a start and an end cone for each line.
3. Put a hula hoop in front of the first student in each line and give those students a tennis ball.
4. Explain that one at a time students must try to roll the tennis ball trying to get it to stop inside their team's hula hoop. If the tennis ball stops inside, that student picks up the ball and flips the hula hoop once toward the other side of the room or the end cone. That student then passes the ball to the next student in line.
5. If the tennis ball does not stop inside the hula hoop, that student must pass the ball to the next student in line for their turn.
6. This continues until a team reaches the other side of the room, or the finish line, with their hula hoop!

Activity Prompts for Reflection

- What are some things you did to make sure everyone on your team was included?
- How did you support your teammates during this activity?
- What kind words did you use during this activity?
- What did your team do to make sure everyone was working together?

Other Ways to Play

- To make this activity easier, give students a larger ball like a beach ball or kickball.
- To make this activity more challenging, have students practice bouncing the ball inside the hula hoop instead of rolling it.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Relationship Skills

Sel-competency

1. Relationship Skills

Allotted-time

1. 15-20 minutes

Themes

1. Work Together-Teamwork