

HOOPS TO THE READY!

MATERIAL/EQUIPMENT

- Hoops (1 for each 2-person team)

ACTIVITY DESCRIPTION

- Divide the group into parent-child duos. Form threesomes if there is an odd number of participants.
- Give each team a hoop.

READY, SET, GO

1. Have the participants pass the hoop over their partner's head and down to their feet, as though they were pulling on a sweater. Once the hoop is at their partner's feet, they switch roles: the person who had the hoop passed over them does the same to their partner.
2. Each time the hoop is passed over the participant from head to toe counts as one repetition. The goal is to complete as many repetitions as possible in 1 minute.
3. Take a 1-minute rest. Teams can share their results if they wish.
4. Repeat the activity for 1 minute, trying to do more repetitions than the first time.
5. Take a 1-minute rest. Teams can share their results if they wish.
6. Repeat the hoop activity one last time for 1 minute.
7. End of activity. Teams can share their results if they wish.

