

Hooper

Objective: Make as many “hits” of the beach ball(s) through the hula-hoop as possible within the time allowed.

Preparations: No preparations needed, simply gather around the activity equipment.

Directions:

1. As a group you will score a point for every time a beach ball is hit through the hula-hoop.
2. A single hit can be made with one or two hands (hitting the beach ball with two hands during one turn does not count for two points).
3. A beach ball must go completely through the opening (center) of the hula-hoop after a hit in order to score a point (as opposed to “over” or “into” the hoop if it is laid flat on the ground). NOTE: As a matter of reference, the beach ball cannot be thrown, dropped, ricocheted, or “fall” through the hula-hoop for a point. However, the beach ball can go through the hula-hoop in any of these ways, but may not be counted for a point.
4. One or more players are allowed to hold and move the hula-hoop in any safe manner during the activity.
5. Every player in the group must attempt a hit of the beach ball (whether it is counted as a score or not), before any player can hit the beach ball a second time. Every player in the group must make a second hit attempt of the beach ball before anyone can make a third attempt, and so forth, until time is called (“STOP!”). DON’T FORGET TO KEEP SCORE OF VALID HITS THROUGH THE HULA-HOOP.
6. Players are free to move around the activity area in any safe manner, but must have at least one foot on the floor at all times during movement.

Your facilitator will be available to clarify these directions if you have questions. Your facilitator will not be available to solve any problems related to the activity – this part is up to you.