

# TEACHER GUIDELINES

## 3. WALK A HOOP

**OBJECTIVE:** Develops team work, co-ordination and communication.

The group (6 people) must walk across a defined area without dropping either hoop.

### Equipment

Two hula hoops per team.

### Procedure

A team consists of six people which is divided into three sub-groups. The group at the centre places their left leg inside one hula hoop, and right leg inside a second hula hoop. The side groups then connect to the opposite sides of the hula hoops. At this point there should be two people on the line, with right leg inside a hoop, which has the left leg inside a hoop, which has the right leg of the centre group through it. The teacher then raises both hoops to knee height, instructing the group to put tension appropriate to hold it above the ground.

The task is then for the groups to walk across the assigned space without dropping either hoop

### Rules

- The leg is the only part of the body which can keep the hoop in place
- If the group drops the hoop, they must return to the starting line and start over.

**Review:** Teamwork card and discuss outcomes.



## 4. BRIDGE OVER RAGING WATER

**OBJECTIVE:** Develops problem solving, team work, communication and decision making.

The team challenge is for all group members to travel from one end of a space (land) to the other end without touching the floor (river). The length of a basketball court is suitable. A time limit can be imposed and success can be based on criteria other than crossing the river if necessary.

### Equipment

- Four automobile tyres
- Two planks (2.44m x 100mm x 50mm)
- Two ropes (3m/5m lengths of sash cord work best)

### Rules

- Groups members may not touch the ground (river)
- The group must carry all the equipment to the other side
- A group member may not step on a plank if it has one end in a river
- If a rule is broken, the group must return to the starting point.

### Variations

- Obstacles can be placed in the rivers that the group must travel around, over or under
- The group can be asked to carry some object across the river.
- Teams can be penalised by removing, for further use, the item of equipment that touches the ground.

**Review:** Teamwork card and discuss outcomes.

YELLOW (Y)