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Activity

Aim: Get as many people as possible inside a circle or hoop.

- No part of any person may touch the ground outside the circle.
- The group must be able to hold it's balance for at least 5 seconds.

Review & Evaluation

- What did the group have to do to succeed at the task?
- How can you make sure your group stays balanced?
- Was time spent planning before carrying out the task useful? And if so why?

Safety Points

- Be aware of the risk of falls onto a hard surface.
- A spotter may be needed.
- Encourage careful supporting.
- Do not allow participants to lie on top of each other.

Organisation & Resources

- Suitable for teams of 6–8 people, depending on the size of the circles used.

Equipment

- Equipment to make circles:
- Hula hoops/plastic hoops of varying sizes.
 - Marked circles on the floor.
 - Rope.

Differentiation & Progression

- Increase the size of the circle.
- Reduce the size of the group.
- Ask the group to hold the stationary position for longer.
- Increase the group size.
- Reduce the size of the circle.
- Use a tyre or crate that is raised off the ground, spotters may be needed.

Skills & Knowledge

- Demonstrate a willingness to trust others and accept support.
- Recognise and applaud achievements of others.
- Recognise when others need support – verbal and physical.
- Try out alternative solutions.
- Generate ideas and express them.

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