

Fingertip hula hoop — Collaboration

EXPLANATION:

A team building activity that seems very simple in the beginning but requires group collaboration! Using only their fingertips students are to raise and lower a hula hoop to the ground without dropping it! This activity takes a lot of team work and cooperation especially if communication methods are restricted!

YEAR LEVELS: Years 4–6

STUDENT GROUPING: Groups of 6 – 8 students – the more people in the group the harder the game becomes!

ACTIVITY LENGTH: 20 - 25 mins

LINK TO CURRICULUM:

Health and Physical Education: Sequence of content F-10

Strand: Personal, social and community health - Communicating and interacting for health and wellbeing sub-strand

- Examine the influence of emotional responses on behaviour and relationships

Strand: Movement and physical activity - Learning through movement sub-strand

- Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities

See also Personal and Social Capability learning continuum sub elements:

- Appreciate diverse perspectives
- Communicate effectively
- Work collaboratively
- Understand themselves as learners
- Make decisions

SCOPE OF TASK:

1. Explore with the students the meaning of collaboration. Ask students questions to elicit their understanding:

- What is collaboration and teamwork?
- Why is collaboration important?
- How do we behave when we are collaborating and being a team member?

2. Record students' ideas and findings on the white board or make a word wall to store the associated vocabulary.
3. Arrange students in groups of approx. 4 – 5 people or allow to self-select.
4. Share the objective of the activity with the students: The team stands in a circle, and the goal is to move the Hula Hoop down from above waist height to the ground. The first team to complete the task abiding by the rules is the winner. Share with the students the rules of the game:
 - Students to stand in a circle with their small group and point their index fingers up and hold their arms out. (Some people may have to raise or lower their fingers to get it level.) Tell the group or hook them around it.
 - The hula hoop is placed on the students' index fingers. Remind students they are not allowed to hook their finger around it or otherwise hold the hoop; the hoop must simply rest on the tips of their fingers.
 - The goal is to lower the hula hoop to the ground using only their fingers and that they can't take their fingers off the hula hoop. Each person's fingers must be in contact with the hula hoop always.
 - If they let go of the hula hoop or drop it, they must start over

5. The groups have 10mins to complete the task – or the activity is over when the first team successfully lowers the hula hoop to the ground.
6. At the completion of the activity time each group can reflect on how they engaged in the activity and what the results were of the hula hoop challenge. Ask students to share details about how they operated as a team. Some questions could include:
 - How did your team work together during the activity?
 - Was this activity difficult? Why?
 - What skills did you need to be successful in this activity? (examples might include communication, making a plan, positive feedback etc.)
 - What would they do differently next time?
 - Are you ever in a situation where you must use teamwork? Is this always easy for you? Why or why not?
7. In reflection, question the students to identify what skills are critical to collaboration – document these on a whiteboard for students' reflection.



Extension: You can make this activity harder by placing communication constraints on the students. For example, you can make a rule that there is no talking.

RESOURCES:

- One hula hoop per group