

CAPTURE THE CONE



EQUIPMENT >>>

- ✓ 1 hula hoop per participant
- ✓ Pylons
- ✓ Timer (optional)

SET-UP >>>

- ✓ Divide participants into two equal teams, giving each participant a hula hoop.
- ✓ Split the activity area into two halves and assign each team to a side.
- ✓ Create a centre line by placing the pylons in a line one hoop distance apart.
- ✓ Both teams line up facing each other with their hoops, parallel to the pylon line on either side of the activity area.

ACTIVITY >>>

- ✓ At your signal, participants throw or roll their hula hoop toward the pylons, trying to get the hoop to land around it. If successful, participants receive one point.
- ✓ If the hoop does not land around a pylon, the other team may retrieve the hoop and throw or roll it.
- ✓ The activity ends when all the hoops have landed around the pylons or after a pre-determined amount of time. The team with the highest number of points wins.

Not for Distribution