

## A6 ACTIVITY.- Physical education through cooperative methodology

**Country:** Spain

**School:** Escuelas Parroquiales del Sagrado Corazón (Olivenza, Spain)

### EXERCISE NAME

#### ROAD OF HOOPS

**Age band :** 12-16

#### Materials:

Hoops (1 each student)

#### Objective:

Cooperative skills development, Motor skills development, Coordination skills development, Agility skills development, Flexibility skills development, Balance skills development

#### Initial organization:

We divide the students of the class into groups of four members. Each student will have a hoop.

### Description of the activity:

Placed in rows, the students must cross from one side of the sports court to the other, stepping only on the road they are constructing with the hoops.

There will be a finish 20 metres away (line on the floor, cones, ropes...)

The strategy to pass the hoops and move forward is chosen without guidelines by each group. Students should establish cooperative strategies to advance as quickly as possible without committing errors that penalize the group.

Each one is fundamental to reach the final objective. Cooperation is essential if the group wants to be successful.

### Rules:

- If they step outside the hoops or they fall the group must start again from the beginning of the course.
- They have to recover all the hoops when they cross the finish.
- The winner is the one that finish the first respecting the rules.

### Variations:

We can use smaller hoops to make the exercise more difficult, or bigger ones to make it easier.

### Link to the video recorded:

<https://vimeo.com/247746080>