

A6 ACTIVITY.- Physical education through cooperative methodology

Country: Spain

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

EXERCISE NAME

ROAD OF HOOPS 2

Age band : 12-16

Materials:

Hoops (one each student approximately)

Objective:

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

Initial organization:

This activity can be considered like a variation of the Road of hoops.
We divide the students of the class in groups of four students. In every groups they will have three hoops, or if the groups are bigger one hoop less than the number of members.

Description of the activity:

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

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/255721707>