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# 7

## SCOOTER BOBSLED

### Objective:

- To bobsled through the course.

### Equipment:

- Scooters and gym mats.

### How to Play:

1. Place a gym mat on top of two or three scooters.
2. One player sits cross-legged on the mat. One or two players are the “pushers.” The pushers must propel the bobsled around the perimeter of the playing area and be the first back to the start line.

### Variations:

- Teams must complete a designated numbers of laps, and roles must be switched on each lap.
- The rider can wear a hockey or baseball helmet, for safety and for effect.
- Place obstacles around the course. Create a tunnel using other gym mats, have teams dismount and go over benches, or create a zigzag pattern through cones.
- This is an incredibly fun race that has countless variations.

### Safety:

- Players should be cautioned as to appropriate speed, hand position for pushing, and carefulness with hands on or near the scooter board wheels.



# 24 KA BOOM!

## Objective:

- To knock down opponent's mats.

## Equipment:

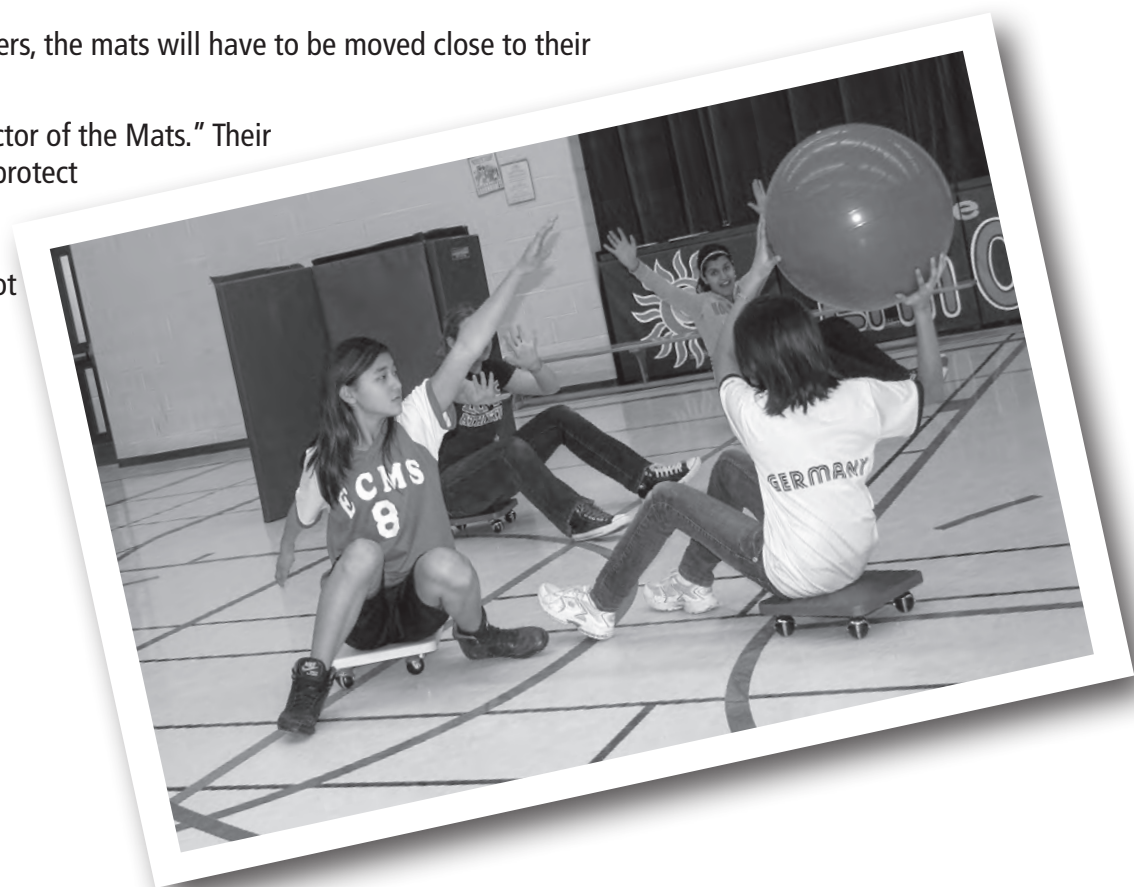
- Gym mats, soft-toss or gator balls, two to three stability balls, and scooters.

## How to Play:

- Divide the group into two teams.
- Each team stands up three to four gym mats on their side of the gym.
- All the players sit on scooters.
- Teams must either throw or roll the gator balls or stability balls at their opponent's mats to knock them down. When the mats hit the floor, the throwing team yells, "KA-BOOM!" For safety, leaders might decide to only allow the stability balls to be "rolled" at the targets.

## Variations:

- For younger players, the mats will have to be moved close to their opponent's side.
- Employ a "Protector of the Mats." Their job is to try and protect their mats from being knocked down. They do not have to be on a scooter.



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## SCOOTER SQUARE DANCE

### Objective:

- To follow the square dance steps while sitting on scooters.

### Equipment:

- Scooters and square dance music.

### How to Play:

1. Players are put in groups of eight, and each group of eight must partner up.
2. One player sits on the scooter, and the other player pushes him or her.
3. Play a square dance and have players complete the dance while on scooters.
4. Running the dance through in groups of four without scooters first makes the dance easier.



# 4 OLYMPIC RING SOCCER

Bill Serbin – Winnipeg, Manitoba

## Objective:

- To score by working together as a team.

## Equipment:

- Soccer ball, five coloured hoops for each team, and nets.

## How to Play:

1. Players are divided into teams of five.
2. Each member of the group gets a coloured ring to represent the five Olympic Rings (Red, Blue, Green, Yellow, Black).
3. The players place the rings around their waist and link together to create one team.
4. Separate the groups into two teams.
5. They now play soccer as two teams with groups of five.
6. A group of five cannot kick the ball twice in a row.



# 9 ALIEN TAG

## Objective:

- To tag or avoid being tagged, as in frozen tag.

## Equipment:

- Hula hoops.

## How to Play:

1. All the players, including the "IT" players, place a hoop around their waist so that they look like an alien.
2. Those who are "IT" race around the playing area trying to tag the other players.
3. Tags may only be hoop-to-hoop contact.

## Variation:

- Allow players to be unfrozen by placing the hoop over their heads. Players can re-enter the game if they hula hoop or try to hula hoop with the hoop around their waist for twenty seconds.



# CHALLENGES, RELAYS and INITIATIVES

The following is a list of hula hoop challenges and activities that are perfect for ice-breaker games and warm-ups. They can easily be used for competitions, intramurals, and play day events. Unless otherwise noted, the only equipment you will need is a set of hula hoops.

## 1 – LONGEST HULA HOOP

### How to Play:

1. Place the hula hoop around your waist and see how many rotations you can do without dropping the hoop.

### Variation:

- Try hula hooping around your knees, armpits, neck, or shoulders.

## 2 – MOST HULA HOOPS

### How to Play:

1. Place the hula hoop around your waist and spin it five times.
2. Repeat with two hoops.
3. Continue until you cannot complete the task.

### Variation:

- Try hula hooping around your knees, armpits, neck, or shoulders.

## 3 – FARTHEST ROLL

### How to Play:

- Roll the hula hoop on its side as far as you can.
- Repeat and try to beat the farthest roll.
- Variation: Try rolling two hoops at once.

