

# Some superheroes are super bendy and stretchy. See how flexible you are with the loop the hoop game



## For leaders

Make a circle linking arms. Trap a hula hoop in the circle by placing it on to one person's arm. Teams must get the hoop around their circle in the fastest time without breaking the loop (letting go of hands).

**Age 14 - 18**

**Age 7 - 11**

## Activity details

**This activity counts towards...**



- Superhero Adventures

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£/Free	Indoors
Day/Night	

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<input type="checkbox"/> 11 - 14	<input checked="" type="checkbox"/> 14 - 18
<input type="checkbox"/> 5 - 7	<input checked="" type="checkbox"/> 7 - 11
<input type="checkbox"/> 3 - 5	

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<input checked="" type="checkbox"/> Autumn	<input checked="" type="checkbox"/> Spring
<input checked="" type="checkbox"/> Summer	<input checked="" type="checkbox"/> Winter

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## Skills:

- Communication
- Creativity
- Decision making
- Gross Motor Skills
- Problem solving
- Teamwork

## Equipment:

- Hoola Hoop