

The Black Hole

Equipment:

Two volleyball net stands and weights to hold them down.
One hula hoop
One basketball ring
Three ropes to suspend the hula hoop from the basketball ring and the two volleyball net stands.
Mats (normal or tumbling depending the height of the hula hoop).

Description:

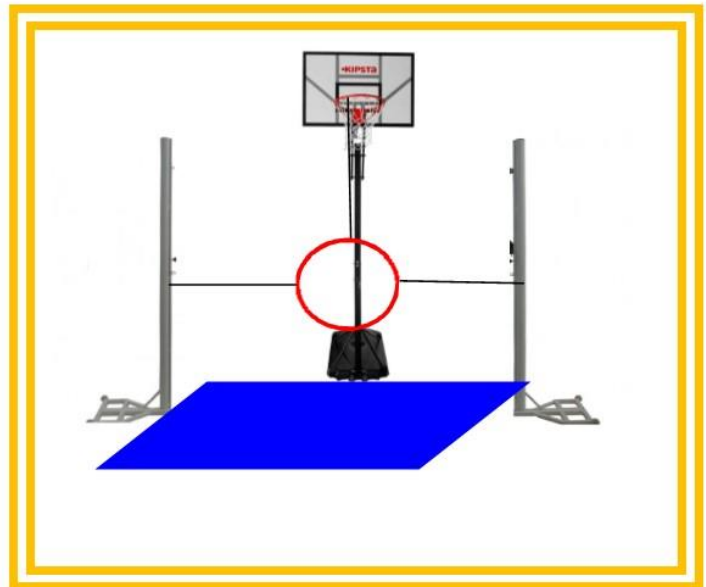
Your team begins on one side of the hula hoop and must remain on the tumbling mats during the challenge. Group members are to pass through the hoop to the other side with help from your teammates.

Set Up:

Place the two volleyball stands, either side of basketball ring, secure so that they cannot tip or fall during the challenge. Suspend the hula hoop between the volleyball net stands, so that the bottom is approximately 1 metre off the floor. Secure the top of the hoop to the basketball net ring. Place mats on the floor.

Rules:

You have 5 minutes planning time before you start.
All team members must go through the black hole.
No person may touch the black hole.
No one may dive through the black hole.
Team members must remain on the mats during the challenge.
If any rule is broken, the person making the mistake and one person who has already passed through the black hole must start again.



Adaptation:

You can introduce freeze penalties for touching the ground.
Alter the height of the black hole (hula hoop).
Introduce items that need to be transported through the black hole with the group, which must not be passed.

Discussion:

How easy was the activity?
Did your team complete the activity successfully?
Did you work well as a team?
What would you do differently if you had to do the activity again?