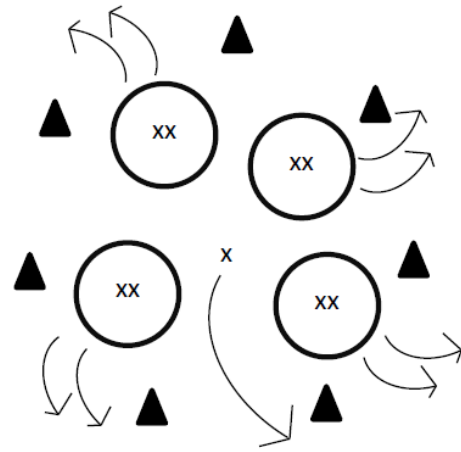


The Run is On!

Objective: To learn more about group members while performing an activity similar to musical chairs.

Description: Form a large playing circle marked by cones. Distribute hula hoops randomly within the playing circle. Runners pair up and sit back to back inside a hoop with their partners. One runner does not pair up and is designated to be the standing runner and stand in the middle of the playing circle, but not in a hoop. The standing runner begins the game by saying, “The run is on for...” and finishes this sentence by saying something that is true about them. For example, they can say the “The run is on for anyone who has a pet dog. “If anyone has a pet dog, they must get up and run. Everyone on the team that matches this statement must get up and run (including the runner who called out the statement) one complete revolution around the circle in a clockwise direction and then fill an open position by sitting within a hoop (two people back-to-back in a hoop) that has been vacated by someone for whom the “the run is on. “The last runner standing without a hoop must go to the middle and become the new standing runner.



Variations: (1) Use a different number of runners within the hoop.

Equipment: Hula hoops, cones