

Health Opportunities Through Physical Education

Cooperative Goal Setting

Cooperative Goal Setting 1

Hula Hoop

How many seconds can your team hula hoop for?

- **Rule 1:** Count the seconds only when everyone on the team is hula hooping.
- **Rule 2:** Only two people can be hula hooping using the same technique.

Tips: You can hula using your hips, head, legs, or arms.



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Cooperative Goal Setting 2

Cooperative Volleyball

How many consecutive volleys can your team perform without a bounce?

- **Rule 1:** Each player may contact the ball multiple times.
- **Rule 2:** A volley is counted only when a different player contacts the ball.
- **Rule 3:** When the ball hits the ground, the count stops.
- **Rule 4:** You can volley using any part of your body.



Cooperative Goal Setting

Cooperative Goal Setting 3

Group Jump Rope

How many consecutive rope jumps can your team complete using a long jump rope?

Rule 1: Everyone except the rope turners must be jumping to start the count.

Rule 2: As soon as the rope stops, the count stops.

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Cooperative Goal Setting 4

Basketball Buckets

How many buckets can your team sink in 30 seconds?

Rule 1: All teammates must score.

Rule 2: No teammate can score two in a row. If this happens, the count stops.

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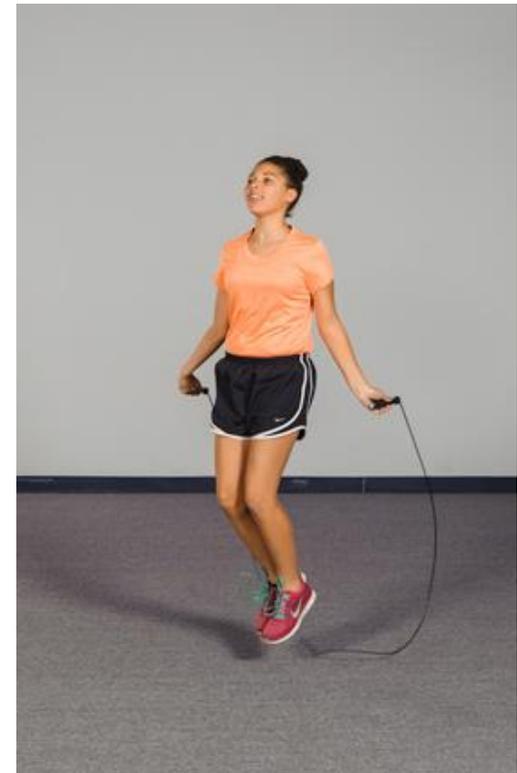
Cooperative Goal Setting

Cooperative Goal Setting 5

Individual Jump Rope

How many rope jumps can your team accumulate in 1 minute?

- **Rule 1:** A jump is counted every time a rope successfully passes under a team member's legs.
- **Rule 2:** Count all successful jumps even if they aren't consecutive.



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Cooperative Goal Setting 6

Group Hackey Sack

How many consecutive volleys can your team perform without a bounce and without using your hands or arms?

- **Rule 1:** Each player may contact the Hackey Sack multiple times.
- **Rule 2:** A volley is counted only when a different player contacts the Hackey Sack.
- **Rule 3:** When the Hackey Sack hits the ground, the count stops.
- **Rule 4:** You can volley using any part of your body except your hands and arms.



NOTE: Use a soccer ball, beach ball or balloon to make the challenge easier.

Cooperative Goal Setting

Cooperative Goal Setting 7

Hula Hoop Topper

How many times can your team hop in and out of the hula hoop before it stops spinning?

- **Rule 1:** Score 1 point for every time a team member jumps into and out of the hula hoop without hitting it.
- **Rule 2:** No team member can jump into and out of the hula hoop two consecutive times.

Instructions:

1. Spin the hula hoop on its edge (perpendicular to the ground). The hula hoop will eventually start spinning parallel to the ground.
2. When it gets to a height such that team members can jump into and out of the hula hoop without hitting it, team members begin the challenge.
3. The challenge stops when the hula hoop stops spinning and is resting flat on the ground.

