**Hula Hut Frisbee**

**Equipment:**

One Frisbee per participant

6 hula hoops per team

Cones

**Activity:**

On the start signal, each team goes to the line/cone. Build a hula hut.

All must run back to the start line and throw their Frisbee towards the hut.

If it is knocked down all must take the hoops and build another hut at the next cone.

Return back to the start line.

Throw their Frisbee towards their hut. If it is knocked down teams run to the endzone. Sit down and yell their team name or color.

**Variations:**

Make three huts.

Perform an exercise at a stack of hoops to be awarded a hoop. Do this 6 times.

At the end of the activity to finish: teams put together a puzzle about Skill Related Fitness terms. (Found in OPEN Creative Mode Fitness High School- Jigsaw Puzzle) Openphysed.org

**Teambuilding, throwing to a target and physical literacy involved**