

Aro Guiado



Aim of the game: The game is to keep the hoop turning round without letting it drop.

Set up: Only the equipment is required as well as a smooth surface free of obstacles.

Rules:

It consists of turning the hoop continuously. The stick is used leading the hoop. The game is to keep the hoop turning round without letting it drop. You can either play freestyle without any particular direction, or you can follow a determined path.

Variation:

- Move one hoop with two persons changing role when it turns around.
- Direct the hoop into a goal.
- Use an ability course.
- With experienced participants, introduce a team race



Equipment and Materials: Metal or wooden hoop and a stick.

Age:
6+

Number of players:
1 +

Duration:
Unlimited

Aro Guiado



Let's Inclusivize TSG!

Teaching Style

1. Provide clear and simple instructions
2. Provide enough time for players to familiarize themselves with the equipment and the game.
3. Practice games before introducing scoring
4. Encourage players to communicate throughout the game

Equipment

1. Brightly colored equipment can be used
2. Metal or wooden hoop might be used

Rules

1. The players may practice following a circuit, trying to improve and make fewer mistakes each time.
2. Possibility to organize a team race.



Environment

1. Increase/decrease the difficulty of the race.
2. Increase/decrease the length of the race.
3. For beginners, using a sloping ground might be a good introduction to the game.

