

# Hula Hoop Hoopla

## Summary

Try various activities using the hula hoop.

## Life Skills

Thinking & Reasoning, Communication, Social & Civic Responsibility

## Materials

Hula hoop for every two students.

## Student Prior Knowledge

Self-space and following directions.

## Intended Learning Outcomes

Students should be able to follow directions given and experience a variety of locomotor and manipulative movements. They will learn to work as an individual and a team member.

## Instructional Procedures

Ask the students: Can you:

- Circle the hula around your wrists?

- Circle around your elbows?

- Circle around your neck?

- Circle around your knees?

- Circle around your waist?

- Roll the hula for distance?

- Roll the hula for accuracy? (to a wall)

- Spin it in a circle in one spot?

- Back spin the hoop? (boomerang)

- Jump the hoop with both feet?

- Jump circling your ankle?

- Cooperative hoop pass? (Everyone holds hands and the hoop gets passed around the circle without letting go of hands.)

- Make an obstacle course w/ hulas

## Strategies for Diverse Learners

Students may use the hoop as it sits on the floor or make a circle with a jump rope. The action will be taken above and around the hoop instead of the person moving through a moving hoop. This simply decreases the difficulty.

## Authors

[TIMOTHY BEST](#)