

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.

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