



Moving with Hula Hoops

- **Musical Hoops.** Start by laying 5-10 hula hoops on the ground in a large, open area. Start the music and boogie around an open area until it stops, then jump into any hula hoop that is on the ground (one per person).
- **Driver's Seat.** This is a great partner activity for adult and child. One adult and one child get into the hula hoop. Pretend it is a car. Who will drive? Who will be the passenger? When the child drives, he/she is practicing stability and gross muscle (motor) movement. Make it a bit harder by adding some resistance to the child's pull. What type of car are you driving? Where are you going? Use your imagination!
- **Hoop Toss.** Create a big target such as a milk jug or giant water bottle (filled with some sand to weigh it down) and toss the hoop to land around the target. Start close and slowly increase the distance. This activity builds perception and coordination. Be careful not to hit any friends when throwing the hoop!
- **Roll! Roll! Roll!** Begin by handing each child a hula hoop. Have the children roll the hoops across an open area and chase after it. Can the child catch the hoop before it hits the ground? Vary the distance to increase the challenge. Maximize the fun by rolling more than one hoop at a time and see which one the child decides to catch. This activity is great for both children and adults.
- **Run & Roll.** This activity requires two hoops per pair. Lay a hula hoop on the ground for one partner to stand inside. The other partner stands besides the hula hoop with a second hula hoop. The partner with the second hula hoop rolls the second hoop across the open space. The partner inside the hula hoop on the ground then runs from his/her location to retrieve the second hoop before it falls to the ground. After catching the rolling hoop, the partner returns to his/her original location. Partners then switch spots and take turns rolling/returning the rolling hoop.
- **Jumping from Hoop to Hoop.** Arrange several hula hoops in a circle on the ground close enough so that they are touching. Each child stands in a hoop; once a signal has been given, each child jumps from one hoop to the next in the circle. Give the signal again to stop, change direction, or alternate the style of jump (two-legged, one-legged, etc.).
- **Hoop Line.** Form a signal file line with several children. Give the first child in line the hoop to hold over their head. Children will then pull the hoop down their bodies and then give it to the next person in line. Time the activity to see how fast the hoop can move through the line.

