Ready
• 4 cones (for boundaries)
• 1 hoop per student
• Music and player

Set
• Create large (30X30 paces) activity area.
• Scatter hoops throughout; 1 student in each hoop.

GO!
1. *Hoop Spinning*, also known as “hula-hooping,” was introduced in the 1950s. Let’s learn how to hula-hoop!
2. Begin with your feet shoulder-width apart. Hold the hoop waist-high, hands on the sides, hoop touching your lower back. Push the hoop towards your stomach, and begin a circular motion with your hips. Keep practicing, and you will get the rhythm!
3. Challenges – Can you…
   • Keep your hoop spinning for 3-5 seconds? Five to 10 seconds? Longer?
   • Change direction?
   • How many times can you circle your waist with your hoop in 10 seconds?
   • Spin the hoop around your lower arm? Put your arm straight out at shoulder height, place the hoop on your wrist, give it a push downward, and keep it spinning by moving your arm in tiny circles.
   • Try the other arm? Next, try switching arms without stopping. This is called *Arm Spin*.
   • Spin the hoop around your knees? That trick is called a *Knee Knocker*.
   • Spin the hoop on 1 ankle and hop over it with the other foot. This is called *Skip It*.
4. Wrap It Up
   • Was 1 arm easier to use than the other? Why?
   • Do you have a hoop at home to practice with?
   • *(Consider starting an equipment “check out” system for students.)*
More Hoop Spinning Tricks

Double the distance between you and everyone around you. Can you safely toss your spinning hoop into the air, catch it with 1 arm, and keep it spinning? Who can spin their hoop around their neck? This is called Choker.

Tag Team Traveling

(1 hoop per pair. Pairs scattered along perimeter.)
On signal, 1 partner practices a hoop trick I call. The other partner moves around the perimeter (point direction). When traveling partner returns, high-five each other, and switch roles. When both have gone around, roll the hoop back and forth to each other. (Change locomotor skills and hoop tricks each round: e.g., Hula, Arm Spin, Boomerang, Top Spin, Knee-Knocker, Choker, etc.)

STANDARDS ADDRESSED

- **NASPE**
  #1, 2 Spatial awareness, nonlocomotor skills, locomotor skills
  #5, 6 Participates, appreciates, enjoys movement, cooperates in small group activities

- **Your State** (Write in here)

Tony’s Tips

- For the Arm Spin, allow extra space as hoops fly off arms frequently.
- Assist students having difficulty with the Arm Spin by holding their hoop hand and guiding their arms to make tiny circles to keep the hoop spinning. Once they get it, let go.

Notes

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