# Hula Hoop

<table>
<thead>
<tr>
<th>Activity Name</th>
<th>Description</th>
<th>Outcome Focus</th>
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<tbody>
<tr>
<td><strong>PART 1</strong></td>
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<tr>
<td>Puddles</td>
<td>Lay the hoop flat on the ground.</td>
<td>Demonstrates Locomotor Skills (Including Jumping) Using Mature Patterns in Relationship to Objects</td>
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<tr>
<td></td>
<td>• Jump in and out of the hoop with a balanced landing.</td>
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<tr>
<td></td>
<td>• Hop in and out of the hoop.</td>
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<td></td>
<td>• Gallop, skip, jog around the hoop.</td>
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<tr>
<td>Walk Around the World</td>
<td>Lay the hoop flat on the ground.</td>
<td>Transfers Weight from One Body Part to Another in Self-Space</td>
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<td></td>
<td>• Placing hands in the hoop with feet on the outside.</td>
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<td></td>
<td>• Transfer weight from hand to hand as you walk your feet around the outside of the hoop.</td>
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<tr>
<td>Cliff Hanger</td>
<td>Lay the hoop flat on the ground.</td>
<td>Travels Demonstrating a Variety of Relationships with Objects</td>
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<tr>
<td></td>
<td>• Slowly balance on the hoop and walk all the way around the edge.</td>
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<tr>
<td>Blast Off</td>
<td>Hold the hoop over your head so you can look up and out of the hoop’s center.</td>
<td>Forms Wide and Narrow Body Shapes</td>
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<td></td>
<td>• Count down from 5 to 0 and then drop the hoop while holding your hands and arms together in a rocket pose.</td>
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<td></td>
<td>It’s a successful launch if the hoop doesn’t touch any part of your body.</td>
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<tr>
<td>Musical Hoops</td>
<td>Everyone’s hoops are laying flat on the ground.</td>
<td>Demonstrates Locomotor Skills (Including Jumping) Using Mature Patterns in Relationship to Objects, Shares and Works with Others</td>
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<td></td>
<td>• When the music starts, gallop (hop, jump, skip) in open space without stepping on or in any hoops. When the</td>
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<td></td>
<td>music stops, walk to a hoop and step inside it. It’s okay to share hoops with your classmates. Teachers, play 8</td>
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<td></td>
<td>rounds using all locomotor skills. Take away 1 hoop after each round to encourage students to share and cooperate.</td>
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<td><strong>PART 2</strong></td>
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<tr>
<td>Shuffle Around</td>
<td>Lay the hoop flat on the ground.</td>
<td>Travels in Three Different Pathways</td>
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<td>• With both feet inside the hoop, shuffle your hoop around the area. Move using different pathways.</td>
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<tr>
<td>Bus Driver</td>
<td>Hold the hoop out in front of you like a steering wheel.</td>
<td>Differentiates Between Movement in Personal and General Space, Travels in Different Pathways and Directions</td>
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<td></td>
<td>• Safely drive around the activity area at a walking speed.</td>
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<td></td>
<td>• Listen for “Navigation Instructions” from the teacher (e.g., forward, back, right, left, clockwise, zigzag, etc.).</td>
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<tr>
<td>Helicopter</td>
<td>Hold the hoop up over your head like the propellers on a helicopter.</td>
<td>Travels Demonstrating Low, Middle, and High Levels, as well as a Variety of Relationships with Objects</td>
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<td>• Safely fly around the activity area on your tip toes.</td>
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<td></td>
<td>• Slowly come in for a landing so that you’re sitting with your legs crisscrossed.</td>
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<td>• Take off again and listen for “Navigation Instructions” from the teacher.</td>
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<tr>
<td>Lucky Coin</td>
<td>Spin the hoop like a coin in your own personal space.</td>
<td>Moves in Self Space</td>
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<td>Balancing Act</td>
<td>Lay the hoop flat on the ground.</td>
<td>Maintains Stillness/Balances on Different Bases of Support</td>
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<td>• Perform different balances inside the hoop (e.g., stand on 1 leg, switch legs, 1 foot inside and 2 hands outside, 1 hand inside and 2 feet outside, etc.)</td>
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