

Hoops

According to KidsHealth.org, children who are physically active are more academically motivated, alert and successful. Physical activity also builds self-esteem, strong muscles and bones and better sleep habits. Children need to be provided with age-appropriate activities and equipment that will motivate them to get plenty of physical activity throughout the day.

Hula hoops are inexpensive, easy to use and, with a little creativity, can keep a child amused for quite some time.



Hoop Activities (5 - 12 year olds)

Manipulation

Rolled Hoops

Have children practice rolling a hula hoop back and forth to each other. Increase the distance between the children to make it more difficult. Then gather all the hoops and roll them around the play area. Encourage the children to chase after the hoops and catch them before the hoops fall. This activity promotes hand-eye coordination through catching as well as running, a powerful aerobic activity that will increase their heart and breathing rates.

Hula Hoop Toss

To enhance throwing skills, depth perception and hand-eye coordination, set up a hula hoop toss. Place cones on the ground and give each child a hoop. Encourage the children to toss the hoop around the cones. As children perfect the skill, move them further away from the cones. As an added challenge, set the cones various distances away and assign each cone a point value, using a sticky note. Give each child three tries to ring a cone with the hoop and have them tally their points. The child with the most points wins the game.

Target Practice

Set hoops on the ground or prop them against a wall or tree and use as targets for beanbags, water balloons, foam darts, and so on. Or you can tie a hoop onto a rope and hang it from a playset or tree branch. Make it swing for a more challenging target to aim at.

Hula Hoop Home Base

Hula hoops make great home bases for many kinds of tag. Or you can try this two-person hula hoop game: You need two hoops and two to four beanbags. Place the hoops about eight feet apart (experiment with this distance depending on the age and skill of the players). Each person gets one or two beanbags. They should both have the same number of bags. Their goal is simply to toss their beanbag(s) into their opponent's hoop—and to keep their opponent's bags out of their own hoop. They can use their hands, feet, or any other part of their body to deflect the incoming beanbags.

Locomotion

Hula Hoop Jump Rope

You can use a hula hoop just like a jump rope, holding it vertically in front of your body and then flipping it down

toward your feet, jumping over it and bringing it back behind your body and over your head. Try this on soft ground to avoid skinned knees!

Musical Hoops

Lay one hula hoop on the ground per person, then turn on some upbeat music and have the children dance around the hoops. Once the music stops, each child must jump into a hoop. Once they're in the hoops, give them another activity, such as hopping, touching their toes or hula hooping. As an extension, every time the music stops, take one hoop away so two children share a hoop and then three children and so on. Eventually everyone needs to squeeze inside the same hoop.

Hoop Tunnel

Hang hoops with string from the ceiling, a tree limb or clothesline so that they just touch the ground and are about six inches apart. Have children crawl through the hoop tunnel. Even babies who can only crawl will enjoy this activity. For older children, make the tunnel a part of an obstacle course or set up two tunnels, divide children into two teams and time the teams to see which one is faster.

Hula Hoop Races

Have Hula Hoop races where the children have to get from one point to the other using the Hula Hoop in some way. For one race, the children must keep the Hula Hoop moving around their waist. For another, you can have the children use the Hula Hoop like a jump rope to skip across the yard. You can also put the children into two teams for a Hula Hoop relay race, where each member of the team must Hula Hoop across the yard and return before another team mate can go. The first team to finish wins.

Hop in a Hoop!

Scatter hoops of varying sizes around the hall or gym. Call out an instruction for travelling around the hoops (not going in them yet though). When you call out a number that is how many children must get into each hoop. For classes reluctant to work with children of opposite sex you can call out 'a boy and girl' and they must get into a hoop. Children must not push other children out of the hoop even if they have too many. Also all parts of body must be in hoop- no toes over edge.

If too many or not enough children in hoop all those involved are out.

<http://www.teachingideas.co.uk/pe/hopinahoop.htm>

Hoop-scotch

Set a series of hoops in a pattern on the ground for an instant hopscotch hula hoop game. Or use hoops with chalk, pool noodles, and other outdoor toys to create a cool obstacle course.

Balance

Classic Hula Hooping

Have the children compete to see who is the best Hula Hooper. Give each child a Hula Hoop to see who can keep it moving the longest around their waist. This is all the more hilarious with a mixed group of boys and girls, as boys tend to have difficulty keeping the Hula Hoop moving around their hips. You can allow the children to compete with the Hula Hoop moving around other parts of their body as well, such as their necks, arms or legs.

<http://familyfitness.about.com/od/Games-And-How-To-Play-Them/tp/Hula-Hoop-Games.htm>

<http://www.youtube.com/watch?v=fD9JNH5FWCK>

<http://www.sportnz.org.nz/assets/Uploads/attachments/managing-sport/young-people/KiwiDex-Balls-Hoops-and-Odds-and-Ends.pdf>