

MOTOR CHALLENGING PHYSICAL ACTIVITY



# HULA HOOP GAMES



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## Objective

By playing with hula hoops, the children practise coordination skills and locomotor skills. The children also challenge their creativity by finding new ways to play with hula hoops.

## Equipment

A hula hoop for each child

## Instructions

Examples of hula hoop tasks for the children:

- Can you balance on the hula hoop when it's on the ground?
- Can you run around the hula hoop?
- Can you jump inside and then jump backwards out of the hula hoop?
- Can you roll the hula hoop and race with it?
- Can you use the hula hoop as a skipping rope?
- Can you throw the hula hoop in the air and catch it?
- Can you roll the hula hoop and try to crawl through it while it's moving?
- Can you turn the hula hoop around your arm?
- Can you throw the hula hoop over a cone?
- Can you use your foot to flip the hula hoop?
- Can you put various parts of your body inside the hula hoop? The adult, for example, says two feet and a hand, two hands and a foot, your forehead...

## Variation

Hula hoop exercises in pairs:

- Can you roll the hula hoop to each other?
- Can you throw the hula hoop to each other without touching the ground?
- Can you roll the hula hoop and try to jump through it once before it hits the ground?
- One of the partners stands inside the hoop and the other holds the hoop in a horizontal position. Can you move around the room without the partner inside the hoop touching the hoop?
- Can you keep the hula hoop off the ground between your bodies?