

# HOOP your way into SHAPE!!!

A hoop can be used for many different things! Here are some fun games for you and your friends to try out!



## THREAD THE NEEDLE

\* With a group of friends, hold hand in a circle with the hoop hanging from one person's arm. The person with the hoop has to step through it and pass to their neighbor without letting go of their teammates hand. Go as fast as possible.

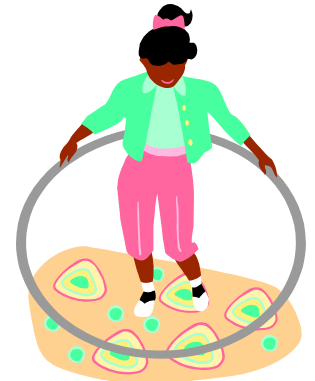
## TOSS N' FLICK (backspin)

\* Start with your hand on top of your hoop. Flick your wrist to make it backspin.  
\* Try to race to a designated point and try to beat the hoop back to the starting point before your hoop gets there, or falls.



## STANDARD HULA HOOPING

\* Begin with hoop around your waist.  
\* Feet shoulder width apart or one foot in front of the other.  
\* With feet open to the side, move your hips side to side.  
\* One foot in front of the other move your hips forwards and backwards.



## JUMP ROPE HULA

\* With a large hoop, stand in the middle and swing it around like you would a jump rope. Count how many times you can jump.  
\* You can also go backwards and forwards like a clocks pendulum.

## BODY HOOPING

\* Try twirling your hoop around your neck, arms & legs.  
\* Try both directions  
\* Once you can do one hoop try it with two; one on each arm or one on your arm and the other on your leg.