



Rotation: Hula Hoop

Equipment:

Hula hoop x2.

Set-up:

Provide enough separation between students to perform activity.

Description:

Students are to try and make as many rotations as they can before hoop drops to the ground. Co-ordination, and hip mobility will help in this activity.

Instructions:

Students begin with the hula hoop around their waist and using a rotational movement with their hips, they try to have the hula hoop remain at waist height as long as possible.

Scoring:

Student that can make the most consecutive rotations before the hula hoop drops to the floor scores 3, runner-up scores 4, all others in the group score 5.

