

25 Ways to be Active with a Hula Hoop

1. Use it to **hula hoop**
2. Have a **Tic-Tac-Toe Relay** with it (see YouTube.com)
3. Hang it from a tree and use it as a **target**
4. **Throw it around something**
5. **Jump rope** with it
6. Lay it on the ground and **throw things into it**
7. Line 3–5 hula hoops in a row on the ground and **jump, hop, skip**, etc. from one to the next
8. **Throw it** up in the air and **catch it**
9. Roll it and try to **chase and catch it**
10. Roll it and try to **walk through it while it is still moving**
11. Roll it and try to **race it**
12. **Spin it** around your arm or neck
13. Try to spin it **around one ankle while you jump over it** with the other foot
14. Step on the hula hoop and have it **pop up, then try to catch it**
15. Tape multiple hula hoops to the ground to create a **tunnel** to crawl through
16. Wrap tape across the hula hoop to cover the center 30–40 times, sticky side out, then **throw cotton or paper balls at the tape** to see how many will stick to the target
17. Lay 6–8 hula hoops on the ground in two lines and do a **“tire” run**
18. Have children join hands in a circle with a hula hoop resting on the connected arms of one pair of children. While everyone holds hands, ask the children to move the hoop around the circle by **stepping through the hoop**
19. Use hula hoops to create an **obstacle course**
20. Use smaller hoops as steering wheels and **drive** all over “town”
21. Play **musical hula hoops** (similar to musical chairs; avoiding elimination, play until hoops are filled)
22. Lay hula hoops on the ground and play **Hokey Pokey** with them
23. Cut a hoop in half, placing the cut ends into the ground. The hoop can now be a **soccer goal**
24. **String bells** to it and play a game with children trying to pass through without ringing the bells
25. Play **limbo** with a hula hoop

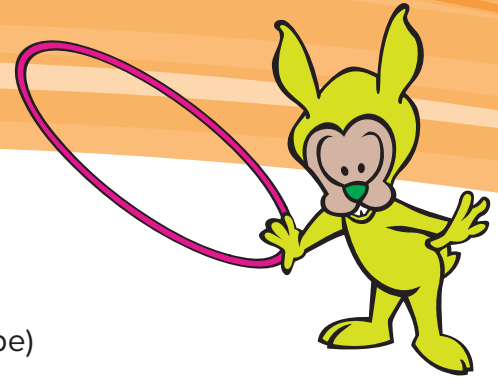
** Some activities may be better suited for older preschoolers. Be sure to remind not to pull the hoop if it is around another child's neck.*

Looking for additional ideas to get kids moving? Find other Be Active Kids handouts on activities to do with various loose parts at www.beactivekids.org/resources/handouts.

Is Be Active Kids® at your child's daycare center or school? If not, contact us at info@beactivekids.org or 919-287-7012 about how you can bring Be Active Kids to your child's center or school.



Making your own Hula Hoops



Materials

- **Black irrigation tubing**, sold in the plumbing department.
(DO NOT USE Pex water line it is too soft to hold the hoop shape)
- **Double barbed, male-male connectors** that are sold right next to the tubing.
Be sure to match the size of the connector to the size of the tubing. Irrigation tubing comes in a variety of diameters and weights. Below are the suggested sizes and weight of tubing for hula hoops:
 - ▶ Large Size (age 7 to 107): 3/4 inch 160 PSI—use about 11 feet/hoop
 - ▶ Small Size (age 2 to 6): 3/4 inch 100 PSI—use about 9 feet/hoop
- **Tubing cutters** (they look like strange scissors and cut much better than a saw)

Cutting irrigation tubing

Cut up the whole roll into hoop lengths and connect the hoops all in one session.
If cut tubing is left unconnected, it will straighten out and cause a flat spot on the hoop.

Hoop sizing

Approximately 8–10 feet of tubing for child size and 11 – 12 feet for adult size hoops are recommended.
The easiest way to measure is: hold the tubing in a circle, place it on the floor, and close the circle so it is somewhere between your belly button and chest. The larger the hoop diameter, the easier it is to hula-hop.

Joining the ends

Use boiling water to heat the ends of the tubing one at a time, then slip the connector in. Let the first end cool completely before forming the hoop into a circle and connecting the second end. Heat some water in a coffee cup and dip the ends in it for about 20 seconds. If the connectors are difficult to push into the tubing, reheat water and attempt to push the connectors into the tubing. Be careful when connecting the second end, it is easy to kink the hoop. Keep the hoop round while the tubing cools.

Decorating hoops (do not use duct tape—it may be pretty, but oozes a sticky residue!)

Gaffer's tape and Vinyl tape seem to work the best for decorating hoops (1/2 in to 1 in width).

- Available at www.thetapeworks.com or www.identi-tape.com
- An average hoop consumes 15–25 feet of tape per color, depending on how closely the tape is wrapped.

Some websites to check out

- www.kidtribe.com for some great hooping and other physical activity videos
- www.jasonunbound.com/hoops.html for pictures on how to make the hoops



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