

Activities to do with your Hula Hoop



1. Hopscotch

- * Lay down the hoops in a design and start hopping

2. Freeze Tag

- * One person rolls the hoop toward the others as they run. Once a person is “tagged” with the hoop, yell “Freeze Hula.” Play continues until at least 3-4 other people are “tagged.”

3. Musical Hula Hoop

- * Have everyone lay down the hula hoop leaving out one. Once the music starts, start walking. Once the music stops, find a hoop one person to a hoop. Take one hoop away before music starts again

4. Exercise

- * Take the hoop and spin it around each arm and leg and even around your neck.

5. Jump Rope

- * You can jump rope with a Hula hoop just as you would with a jump rope.

6. Who can roll the furthest?

- * Take the hoops and roll it lengthwise in an open space. See who can get the hoops the farthest before the hoops fall over.

7. Hula Hoop Circle

- * Take one hoop and everyone join hands (can be split into groups of teams). Have the hoop go through each person until it gets back to the starting person and see which team can get home first.

8. Catch

- * Take turns tossing the hoop back and forth. See how many times you can do so without dropping it.

9. Hula Hoop

- * You can spin it around you waist and see how long you can go for.

10. Tic Tac Toe

- * You will need: two teams, 9 hula hoops, and two sets of different colored tossing bags. Line your hula hoops up in a 3 x 3 square. Each team lines up in a single file line about 30 feet away from the board. Relay race to the tic tac toe board and place your bag into a selected hula hoop. First team to get three in a row, wins!

