**Title**

Hula Hoop Activities (Part 2 of 2)

**Time**

Pre-session preparation for learners: 5 minutes

Session:  25 to 55 minutes

**Materials Checklist**

Hula Hoop Activities

Hula Hoop (\*Part 1 Instructions to be completed prior)

Bean Bags (rolled t-shirts with rubber bands)

Gym Floor Tape

Music

**Objectives**

Learn how to do activities with a Hula Hoop

**Learners will be able to:**

Play Hula Hoop activities

**Exercises and Activities to Complete Before and During the Session**

Hula Hoop activities

**Pre-session Preparation**

**Read (5 minutes)**

List of Hula Hoop Activities

**During the session**

**Present/Review (5 minutes)**

Provide participants with a list of Hula Hoop activities.

Refer to Hula Hoop list for types of activities and instructions.

**Discuss (15 to 45 minutes)**

Guide Hula Hoop activities with participants. Discuss how they can play these games at home and incorporate the games as part of their daily physical activity.