**Title**

Hula Hoop Instructions (Part 1 of 2)

**Time**

Pre-session preparation for learners: 5 minutes

Session:  25 minutes

**Materials Checklist**

Hula Hoop Instructions

¾ inch flexible PVC Pipe

8 foot length thin (100 psi) for children

10 foot length thick (160 psi) for adults

PVC conectors ¾ inch

Dish Soap

Decorative tape

Beads, beans, or rice

Scissors

**Objectives**

Learn how build a Hula Hoop

**Learners will be able to:**

Build a Hula Hoop

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

Build a Hula Hoop

**Pre-session Preparation**

**Read (5 minutes)**

Review list of Hula Hoop Instructions

**During the session**

**Present/Review (20 minutes)**

Provide Participants with Hula Hoop Instructions.

Guide Participants through steps 1 to 8 of How to Build a Hula Hoop.

**Discuss (5 minutes)**

Discuss how they can use the Hula Hoops at home to incorporate as part of their daily physical activity.

\*Part 2 - Guide Hula Hoop activities with participants.