

Hoops, Hoops and More Hoops!

It's All About The Hoops!

John L. Smith, FlagHouse Educational Consultant
(201-788-6283) smithhoops@aol.com

Retired Physical Education Teacher
National Presenter
1989 NASPE National Teacher of the Year
Educational Consultant, FlagHouse Inc.

- 1. Driving the hoop (types of drivers - fast – medium – slow speeds), (truck drivers, sports cars, RVs, buses), (directions – forward, reverse, zig-zags)**
- 2. Dropping the Hoop over Your Head: spatial awareness activity**
 - a. Hold the hoop above your head with 2 hands**
 - b. Drop the hoop down around your body without it touching you**
 - c. Drop it with eyes closed**
 - d. Spin, eyes closed, stop and drop it**
- 3. Spinning the hoop**
 - a. Right and left hands**
 - b. Clockwise, counter-clockwise**
 - c. Spin 2 hoops**
 - d. Group spins**
 - e. Spin Challenges: longest, fastest, staying on a spot**
- 4. Bouncing the Hoop: like a basketball**
- 5. Hoop rolling: pushing the hoop**
 - a. Walk the hoop**
 - b. Walk the hoops with short pool noodle**
 - c. For accuracy in a line or through an obstacle course**
 - d. Hoop rolling for distance**
 - e. Hoop rolling for control (move along side the hoop)**
 - f. Hoop rolling with partners:**
 - i. Back and forth**
 - ii. 2 at a time**
 - iii. Backwards**
 - iv. Over the small noodle**
 - g. Rolling contests for distance, accuracy**
- 6. Jump Rope the Hoop forwards and backwards**
- 7. Hoop on the ground**
 - a. Jumping in and out (front, back, sideways)**
 - b. Walking around forward, backwards, right should? in and left in**
 - c. Walking around with 1 foot in and 1 foot out**
 - d. Hoops in a row jumping**
- 8. Jumping hop scotch style: create patterns**

9. Jumping group patterns: long lines of hoops
10. Hula Huts
11. Spin Back and Tricks
 - a. Spin back 1 with right and left hand
 - b. Spin back 2 at the same time one right handed one left handed
 - c. Spin back through a partners spin back
12. Arm spins: spinning the hoop around your arm
 - a. Starting: swing and spin
 - b. Different directions: forwards and backwards
 - c. Right hand to left hand switching
 - d. Slipping from one arm to another with partner
 - e. Both arms a hoop on each arm (same way-opposite ways)
13. Group arm spins (use half a noodle to save arms!)
14. Hula Hooping one and then several hoops
15. Hula hooping with one foot
16. Hula hooping while moving in different directions
17. Giant Hoops
18. Heavy Hoops
19. Moon Craters: game of stepping in hoops that are spread all over the floor
 - a. Stop in a hoop with both feet
 - b. One foot in 2 different hoops
 - c. One foot in 2 different color hoops
 - d. One foot 2 different hoops of the same color
 - e. You may not share a hoop (using the skills from above)
 - f. Final game: if you are eliminated take a hoop out with you!

To build a BIG SUPER HOOP

- cut 2 - 24" hoops, connect them together with a wooden dowel and duct tape

The hoops we used in the session were:

FlagHouse 36" No Kink Hoops #11147

We also used half noodles from the Noodlecize Program:

Noodlecize # 19641

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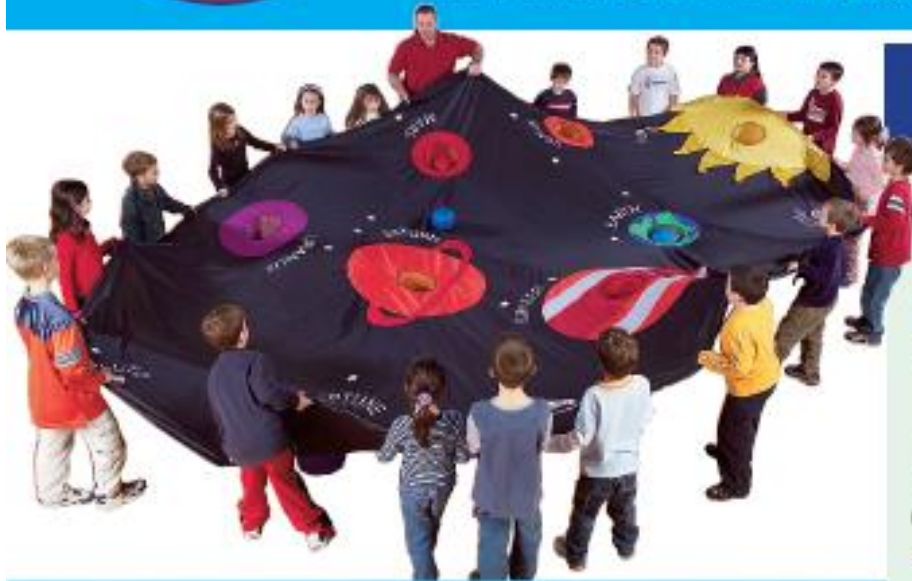
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