



Hula Hoop Hurray!

*Every child needs a hula hoop.

*One person is the leader and tells what to do with the hula hoop.

Ideas for the Leader

*Put the hula hoop on the ground and run around it three times.

*Put the hula hoop on the ground and jump in and out of it as you go around once.

*Put the hula hoop on the ground and jump with one foot in and out 10 times.

*Put the hula hoop around your waist and see who can make it twirl around the longest.

*Put the hula hoop on one arm and twirl it around 7 times.

*Put the hula hoop around your leg and twirl it around 5 times.