

Hula Hoop Challenge

How to Hula Hoop

Follow these simple guidelines to get your pupils hula hooping. The hula hooping challenges can be carried out either indoors or outdoors, so long as there is enough room to spin.

Get the right hoop

Most stores sell child-sized hoops, which will be unsuitable for anyone over the age of ten.

To find the right-sized hoop for you, stand upright. Stand the hoop up on the ground in front of you. The top of your hoop should reach between waist and chest height. You should also take into account your waist size. Generally, the bigger you are, the bigger your hoop needs to be. This means that a hoop suitable for Year 7 pupils will not be suitable for most post-16 students.

Larger hoops rotate more slowly, making it easier to get started. Smaller hoops rotate much quicker, which is worth taking into consideration if challenging pupils to see how many spins they can do in one minute.

How to hula hoop

Step into the hoop. Hold the hoop against your back, a little above your waist. Stand with one foot in front of the other. Push the hoop around your waist and shift your weight back and forth on your feet to keep the hoop moving.

Resist the temptation to move your hips in a circle to match the movement of the hoop. This motion makes hula hooping much harder. Just shift your weight back and forth from one foot the other in a rocking motion. There is no specific direction in which to spin the hoop. It has been noted that right-handed people tend to spin the hoop anti-clockwise and left-handed people tend to spin the hoop clockwise. Try both ways and see if there is a difference.

Be patient!

It can take quite a bit of practice before you can hula hoop properly. If you are struggling with hula hooping around your waist, try it around your arm or leg instead!

Now your pupils are ready for their hula hooping challenge. Good luck!

