

# Hoopin' It Up

Virtual class January 14 and 21, 2021

One does not have to look far at all online to uncover a wealth of resources to use with hula hoops. Below are some “starters”!

These videos were used during our “class”.

<https://youtu.be/sUKBPAw4Nz4> basic waist spinning, 3 techniques

<https://youtu.be/VUsU16k037Y> 3 girls competition

[https://youtu.be/wtUhrQ\\_P01w](https://youtu.be/wtUhrQ_P01w) hokey pokey (start at 2:16 minutes)

<https://youtu.be/WMU5ykCwgFg> hoop rolling historical day event

<https://youtu.be/NLmg5SPGAT4> hula hoop jump rope

<https://youtu.be/G3n7QDbal4k> “workout”

These links will go beyond the starters above.

<https://youtu.be/BRzv8rkop4Q> demonstrates several hoop-spinning techniques, etc.

<https://www.verywellfamily.com/hula-hoop-games-and-activities-1256808> 10 activities--no videos, just words

<https://www.thepespecialist.com/hulahoop/> Ideas and resources from an elementary school PE teacher

<https://youtu.be/AuTv3wslT2Y> figure 8

<https://www.youtube.com/channel/UCYqMVyUPYO-zZ4yW2UL9I6Q> “hula monsters”

<https://hoolamonsterkids.com/hoola-monsters/> click on “blog” for resources.

Further searching will unearth more than you EVER wanted to know about hula hoops! In true homeschooling style, there is enough to create an entire thematic instructional unit.

Consider the history of “hooping”. It was an entertainment for children LONG before those plastic rings hit the stores in the 1950's.

Science? Invent something new (to you) to do with a hula hoop. Write out instructions so that others can duplicate what you did.

Language Arts: there are hula hoop songs! Try writing your own lyrics that could be read as poetry. Write a report about the history of the hoop.

Crafts: hula hoops can be used as “looms” to weave circular mini-rugs or place mats using old t-shirts for the “yarn”. (<https://scraphacker.com/hula-hoop-rug/>)

Math: Design some sort of hula hoop competition. How could you use math to keep score? Or???

<https://momath.org/home/math-monday-hula-hoop-geometry-part-1/>

Investigate “hula hoop huts” Build one! What else could you do with multiple hoops?

And those are just starting points! What else can you find? Have something you'd like to “share” when we meet for the second class on January 21!!

