

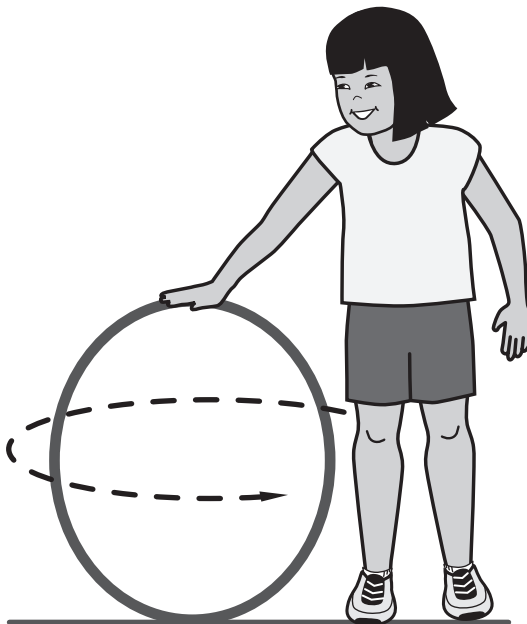
HOOP IT UP! STATION CARDS

SPINNING TOP

Spin the hoop like a top.

CHALLENGES

- How long can you make it spin?
- How many times can you run around it before it falls?



HOOP IT UP! STATION CARDS

MY PET HOOP

Pretend your hoop is a pet you are taking for a walk by pushing it with your palm.

CHALLENGES

- Can you control your hoop around others?
- Can you take your hoop for a walk "around the block?" (A 5X5 pace square)
- What are some other tricks you can do with your pet hoop?



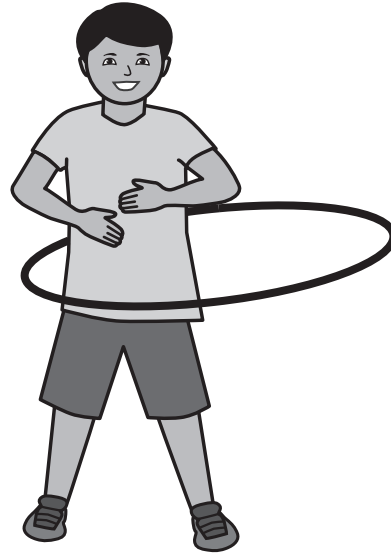
HOOP IT UP! STATION CARDS

HULA HOOP

With hoop around waist, use your hips and leg movements to keep it circling your body.

CHALLENGES

- How long can you hula?
- Can you turn in a circle while doing the hula? The other way?
- Can you keep 2 hoops going at the same time?



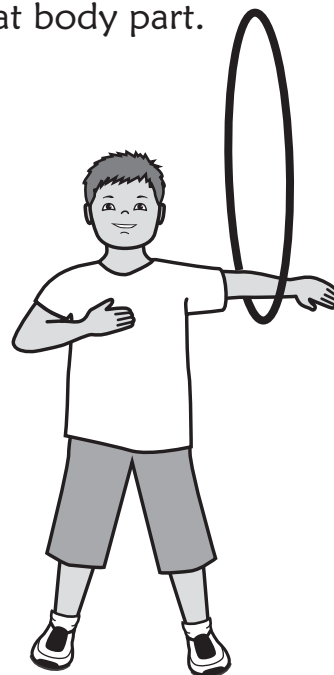
HOOP IT UP! STATION CARDS

HULA BODY PARTS

With your hoop around your wrist, legs or neck, move to keep it circling that body part.

CHALLENGES

- How long can you keep it going?
- Can you switch arms while the hoop is moving?
- Can you use 2 hoops at the same time?
- 2 body parts?



HOOP IT UP! STATION CARDS

JUMP HOOP

Use the hoop like a jump rope.

CHALLENGES

- How many times can you jump in a row?
- Can you switch from forward to backward and then forward again?
- Can you hop the hoop?



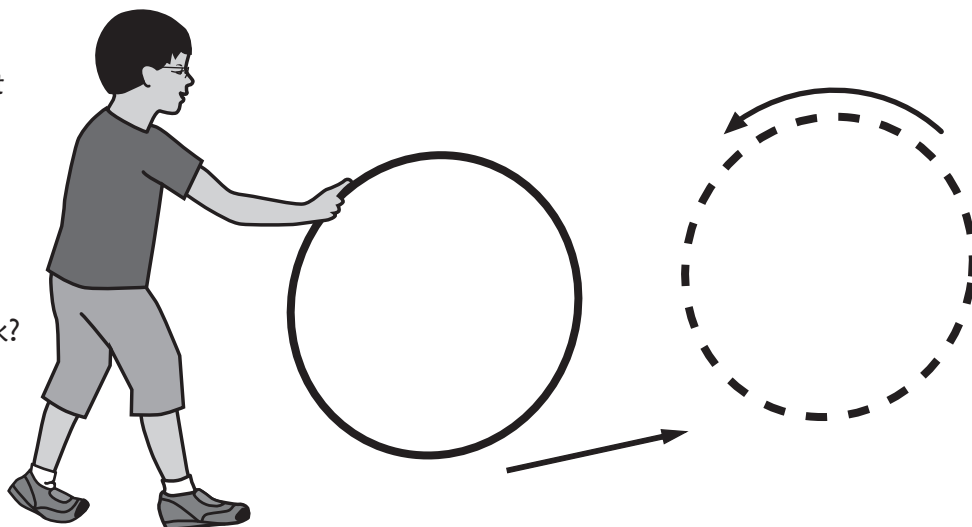
HOOP IT UP! STATION CARDS

BOOMARANG

Toss your hoop forward with back spin and make it roll back to you.

CHALLENGES

- How far can you throw it and still have it roll back to you?
- Can you straddle jump over it as it comes back?
- Can you spin it around your arm as it comes back?



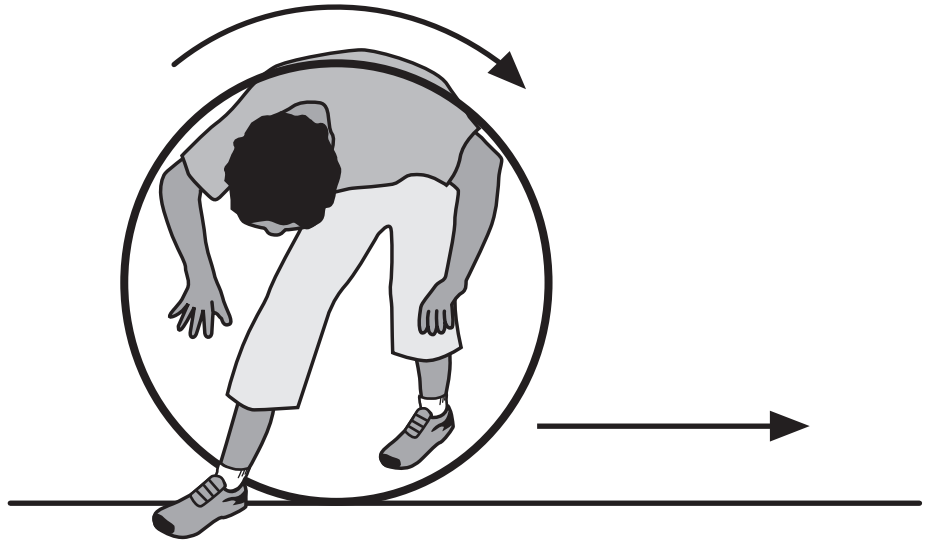
HOOP IT UP! STATION CARDS

HOOP ON-A-ROLL

Try to roll your hoop forward and run through it while it is moving.

CHALLENGES

- How many times can you go through the hoop before it falls?
- Can you run through it and then have it spin around your arm?



HOOP IT UP! STATION CARDS

SKIP IT

With your hoop around 1 ankle, keep it turning, while your other foot hops over it each time around.

CHALLENGES

- How many times can you skip it in a row?
- Can you go the other direction?
- How about the other foot?





HOOP IT UP! STATION CARDS

HOOP PICK-UP

Pick up your hoop from the ground using only your feet.

CHALLENGES

- Can you kick it over your head?



HOOP IT UP! STATION CARDS