

Challenge Task: Hula Hoop

Task Description:

Hula hoop for **20 seconds** with the hoop starting around the waist and remaining off the ground (floor) the entire time.

Pictures/Videos of this Challenge

Administering this Challenge:

Equipment:

- Hula Hoops (at least 30" - 32" in diameter is recommended, but is really up to participants)

Area:

- A roomy space with a flat surface.

Start and Stop Signal:

- Each youngster begins with the hula hoop held at waist level.
- On the "go" command, the youngster begins to hula hoop.
- Time "stops" when the hula hoop touches the ground.
- The challenge is successfully completed when the youngster keeps the hula hoop off the floor for 20 seconds.

Challenge Comments:

- Youngsters may have unlimited opportunities to pass this challenge.
- It is recommended that the hula hoop be at least 30" - 32" in diameter.
- If the hoop is too small or too large the challenge may become too difficult. Therefore when appropriate, encourage youngsters to try hoops with various sized diameters.
- Hula hoops can be made from 3/4" or 1/2" poly pipe (normally used for sprinklers). The pipe can be purchased in most plumbing or hardware stores.
- When cutting the pipe, the length of each piece, should be cut three times the diameter desired (e.g. if a diameter of 30" is desired, then the length of the pipe should be 90").
- To join ends together, cut a 1" piece of doweling the same size as the pipe, rub it with Elmer's glue, and place it between the two open ends. Place a piece of tape over the connected joint and let dry overnight in a warm place.

Performance Cues:

- **"Ready Position"**: Position the hoop against the small of the back.
- **"Parallel to Ground"**: Make sure the hoop is parallel to the ground.
- **"Spin that Hoop"**: Normally, if one is right handed the hoop should be spun to the left. However, if one is left handed the hoop should be spun to the right.
- **"Move that Waist"**: To keep the hoop going, move the waist in a circular, rhythmic motion.
- **"Bend Knees"**: Keep knees slightly bent.
- **"Arms Up"**: Sometimes it is helpful to keep arms in the air.
- **Choose a larger hoop!**

Ideas Adapting Challenge for Students with Disabilities:

- Hula hoop on an arm or leg for 20 seconds
- hula with both arms simultaneously
- Turn a scarf in the air for 20 seconds
- With hoop on ground, have student in wheelchair wheels around hoop for 20 seconds
- Increase or decrease time as needed
- turn ribbon in overhead, side, and frontal plane for 20 sec. each
- turn ribbon in large circular pattern in frontal plane for 20 sec
- wave short ribbon as modeled by teacher