

Short Breaks



Hula hoop challenge

You will need:

A hula hoop
A timer
Energy!

A video recorder if you are brave!

Go for it...

You can practice hula hooping indoors or out. Challenge yourself to count how many revolutions you can do or how long you can keep the hoop spinning without dropping it.

Watch a few hooping videos online so you can see what kinds of tricks are possible too.

See if you can complete the list:

- ✓ Rotate the hoop around your middle 20 times
- ✓ Rotate the hoop around each arm 10 times
- ✓ Rotate the hoop around your leg 5 times
- ✓ Put the hoop on the floor and jump/wheel in and out of it 30 times
- ✓ Put the hoop on the floor and move around it 10 times
- ✓ Stand inside the hoop and pull it up and over your body 10 times or sit in a chair/wheelchair and do the same
- ✓ Rotate the hoop around your middle 20 more times

Phew!!!! Good work!

- Don't drop the hoop!
- Do it to music
- Time yourself with a stopwatch
- Make a video to show your friends



<https://youtu.be/Znv2uQXQkEw>



Barnardos

