Hula Hoop Games

Hula Hoop Knockout
1. Give each student a hula hoop
2. When you say go, each student starts to hula hoop around their waist
3. Each student will walk towards each other to try to hit another student’s hula hoop and knock it down.
4. If a student’s hoop is knocked down, they are “out” and must sit or stand on the side.
5. The last student standing with their hula-hoop is the winner.

Hula Hoop Relay
1. Split the class into teams of at least 5 students.
2. Have each team make a line. Then have each student hold the hand of the student next to them.
3. Have the first student in line hold their arm out straight and hang a hula hoop on their arm.
4. When you say go, the students will pass the hula hoop to the next person in line without letting go of their classmate’s hand. The first team to have the hula hoop reach the last person on the team is the winner.

Hula Hoop Hopscotch
1. Lay out 12-15 hula hoops in a hopscotch pattern (you can make 2 courses depending on the number of hoops and students you have).
2. Have the students line up to go through the course and give the first student a hula hoop.
3. The students must hula hoop and keep the hoop from touching the ground while going through the course.
4. If you have 2 courses, you can split the students into 2 teams and have them race to get everyone through the course first. If the hoop touches the ground, the student must pick the hoop up and start again from the point where the hoop fell.

Hula Hoop Frisbee Golf
1. Lay at least 6 hula-hoops on the ground, about 20-25ft. apart.
2. Give each student a Frisbee and have them line up at a point about 20 ft. from the first hoop.
3. Have the first student throw their Frisbee towards the first hoop. If the Frisbee does not go in the hoop, the student must throw it again from the spot it landed. The student must throw their Frisbee as many times as needed to make it in each hoop. To make it easier, a cone can be put in the middle of the hoop.
4. The students must get their Frisbee inside each hoop before moving to the next one. They must go in order of how the hoops are laid out.
5. You can have the students keep track of how many throws it took to get his/her Frisbee in each hoop (like scoring in golf) or whoever gets his/her

Hula Hoop Contest
1. Give each student a hula-hoop.
2. Turn on music and have the students hula-hoop. Whoever can keep his/her hula hoop from touching the ground first wins.

Musical Hula Hoops
1. Designate a square/rectangle area by putting 4 cones out. Lay out hula hoops inside the area (1 less hula hoop than the number of students).
2. Play music (or sing a song with younger kids) and have the students jog, walk, skip or hop while the music plays around the outside of the designated area.
3. When the music stops, the students have to get inside a hula hoop (1 student only per hoop). The student who does not get inside a hoop is out. Take away a hoop each round, like musical chairs.

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