



Healthy  
Cities  
Australia

# Active At Home Hoola Hoop!

Choose some of these activities to play on your own, with your family or friends OR make up your own active games. Remember, the most important thing is that you enjoy **active play for 60 minutes a day!**

## 1. Runaway

Roll the hoola hoop 10m and keep it going with just one hand. Roll your hand over the top of the hoop as the bottom rolls along the ground. Turn around and return to the start.

### Too hard? Try this:

Roll the hoop as far as you can and catch it before it falls to the ground. Repeat this until you reach the 10m mark. Turn around and come back, rolling and catching the hoop.

### Too easy? Try this:

Roll the hoop with one hand, run behind the hoola hoop (while still rolling) and use the other hand to roll it again. Repeat this running either side of the hoop to the 20m mark.

### With others?

Stand 5-10m away from each other and practice rolling the hoop to each person and back moving further apart. Two people run either side of a hoop each taking turns to keep the hoop rolling and see how far you can get.



## 2. Flap Your Wings

Continuously spin the hoola hoop around your arm between your shoulder and your elbow. Try and keep it on your upper arm for as long as possible. Think of the different angles of your arm and how that affects the hoola hoop.

### Too hard? Try this:

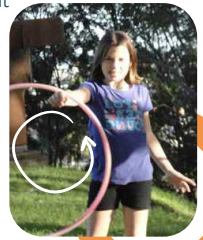
Spin the hoop around your hand one once. Catch the hoop with your hand and then do it again!

### Too easy? Try this:

Continuously spin the hoop around your arm and try to bring the hand of your arm inside the hoop each rotation. This happens when the hoop is at its lightest point. You need to be quick!

### With others?

Spin the hoop on your arm and try to transfer onto your partner's arm and back again.



## 3. Pounce

Continuously spin the hoola hoop around your foot, jumping over it everytime it spins around. You need to give it a good tick to start and keep the momentum.

### Too hard? Try this:

Jump in the hoop with both feet together and then outside the hoop with both feet apart. Try this from different sides of the hoop.

### Too easy? Try this:

Spin the hoop around your skin and calf. Still try and jump over the hoop each time it has spun around.

### With others?

Jump from a short distance into the hoop taking turns with your partner. Increase your distance away from the hoop with each jump.

Healthy People. Healthy Cities.