

# HSSP PRIMARY VIRTUAL HULA HOOP COMPETITION 2022-23





## We would like to invite your school to take part in our virtual HSSP Hula Hoop challenges.

- On the next few slides are a set of hula hoop challenges.
  - Each challenge has a picture and an explanation.
  - Each pupil will be timed (using a stop watch and recording in mins and seconds) when taking part in a each challenge.
  - There is a maximum time limit of 3 mins per child per challenge, if they are doing very well.
  - There are different challenges for years 1 & 2, years 3 & 4 and years 5 & 6
  - This will be an inter competition – your school against other schools, but you will not meet up – it will be done virtually.
  - You can also use it as an intra competition – a competition within your school. It might be individuals against each other, class v class or an inter house competition.
  - There are sheets for you to record results on this PowerPoint and an excel spreadsheet (attached to the email) for you to fill in and return to us if you would like to compete against other schools.
  - All of your children can take part in these challenges, but we only want you to send us the results from your 10 best students (total up the results of each child's 2 challenges – then look for the highest 10 scores i.e. the longest time in minutes and seconds. So you will be looking for the longest times in all age groups.
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- Children could do these challenges at lunchtime, but your staff might prefer to do them as a set of lessons.
  - There is no limit to the number of times that the children can attempt each challenge – and they only need to record their personal best result only.
  - The amount of equipment that you will need is minimal – some hula hoops (various sizes – larger is easier) and stopwatches.
  - Remember for pupils to wash hands before and after each lesson and for the teacher to wash and clean sports equipment regularly.



### Record your results

It is important that your results are accurate, but the teacher doesn't have to do all of the work! Each challenge could be done as part of a PE lesson **OR** they could be set as a challenge to do at lunchtime.

### Create a chart

Each child could have their own results card **OR** each bubble of children could have a results card **OR** one person could be in charge of collecting all of the results. The results could be displayed in the classroom as a paper copy **OR** could be shown electronically to the whole class after everyone has completed the challenge.

### Send your results to us

All results will have to be electronically sent to the School Games Organisers (SGO) via email using the attached excel spread sheet. **PLEASE INSERT CHRISTIAN NAMES ONLY.**

\*\* You will need to verify that your results are correct. Lunchtime supervisors could oversee the challenges **OR** pupils could be filmed so that you can check any outlandish results. (You can film more than one child at a time). If we receive any results that we deem to be highly unusual, we would ask you to send us proof – **please film the child from behind.**\*\*

**The completed excel spreadsheet should be emailed to: -**

*Your SGO Claire Moore: [moorec@thehowardschool.co.uk](mailto:moorec@thehowardschool.co.uk)*

**by: -**

**Friday 7<sup>th</sup> July 2023.**

# YEARS 1 & 2

	NAME	Challenge 1 Roll Hoop Time (mins and seconds)	Challenge 2 Hand Spin on floor Time (mins and sec's)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

	NAME	Challenge 1 Roll Hoop Time (mins and seconds)	Challenge 2 Hand Spin on floor Time (mins and sec's)
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

YEARS 3 & 4

	NAME	Challenge 1 Hula Hoop Arm (Time mins and sec's)	Challenge 2 Waist Hula Hoop (Time mins and sec's)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

	NAME	Challenge 1 Hula Hoop Arm (Time mins and secs)	Challenge 2 Waist Hula Hoop (Time mins and secs)
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

YEARS 5 & 6

	NAME	Challenge 1 Waist Hula Hoop (Time mins and secs)	Challenge 2 Double arm hula hoop (Time mins and secs)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

	NAME	Challenge 1 Waist Hula Hoop (Time mins and secs)	Challenge 2 Double arm hula hoop (Time mins and secs)
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

# Why Hula Hoop?

Its fun for the kids

Easy to set up in  
any space

Can use for the last  
5-10 minutes of  
lesson as a reward

Social distanced

Differentiated with  
hoop size and level  
of challenge

Low cost – so can  
practise at home

The bigger the  
hoop, the easier it  
is to learn.

36 inch is  
recommended and  
helps bump up the  
levels of success.

Give them  
confidence

Give them plenty  
of practice

Show clear  
demonstrations

Give them a few  
fun choices

# Expectations

When the teacher blows their whistle or counts 1,2,3 all must stop, drop their hula, sit in their hula hoop and listen.

Question pupils why?

Distraction of noise, someone next to us may not hear, not concentrating.





# Years

# 1 & 2

## Challenge 1

# Roll Hoop

Time how long a pupil can roll a hoop along the ground

- See how long (timed in minutes and seconds) pupils can roll/push a hoop with their hand before it falls over.
- Maximum time limit 3 mins.
- Make sure they start at the same start line and stay standing still when pushing
- Blow a whistle or count down when they can go.
- **Extension:** Once they get the hoop rolling, draw a line with chalk and challenge them to trace the path with the hoop.

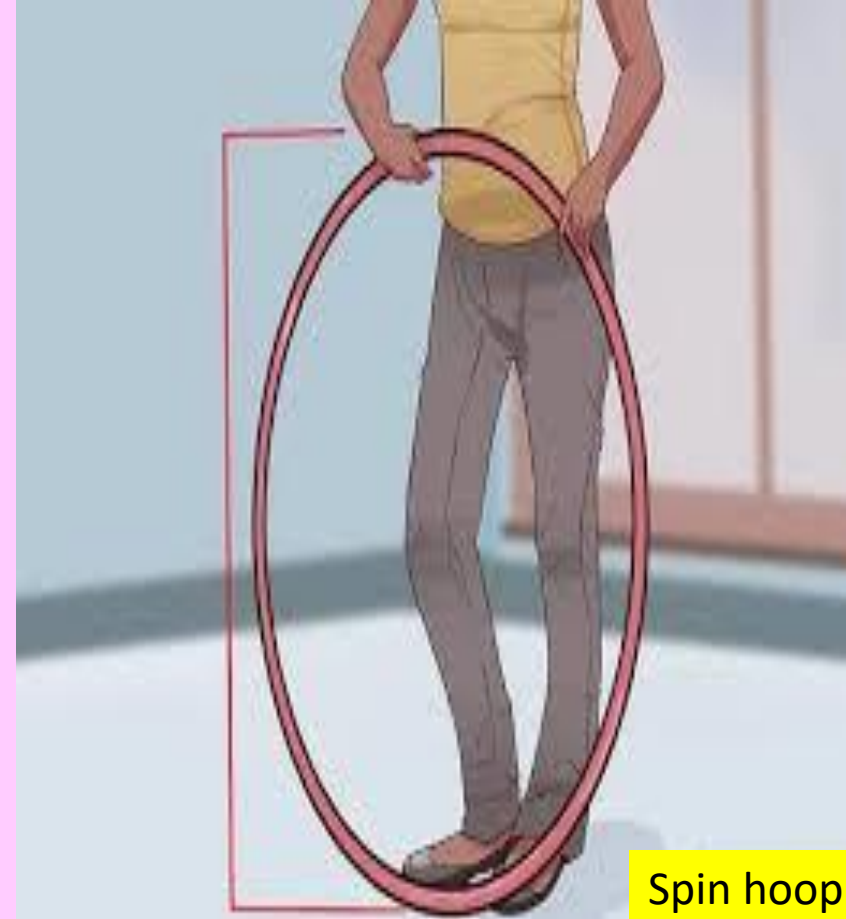


## Challenge 2

# Hand Spin

Time how long a pupil can spin a hula hoop for on the floor?

- Time pupils to see whose hoop lasts the longest.
- Make sure they start at the same time.
- How long (time in mins and seconds) can pupils spin their hoop in circles with their hoop on the floor, before it falls over flat. Maximum time limit 3 mins.
- Blow a whistle or count down when they can go.
- **Safety point: allow plenty of space between pupils having a go at same time**



Spin hoop on floor using hand/s

# Years

# 3 & 4

## Challenge 1

# Hula Hoop Arm Challenge (right or left)

Time how long pupils can keep it going non-stop around arm

- Keep your arm straight and tighten all muscles.
- Use your other hand to gently rock the hula hoop
- When ready push the hula hoop down with your hand.
- Your arm should only be moving in small circles.
- Keep arm straight.
- Time how long (in minutes and seconds) pupils can keep it going non-stop around arm. Maximum time limit 3 mins.
- Safety point: allow plenty of space between pupils when having a go at the same time





## Challenge 2

# Waist Hula Hoop Challenge

Time how long pupils can keep it going non stop around waist

- Hold the hoop in line with your waist and ensure it is touching your back.
- Count to 3 and spin the hoop straight.
- Push your stomach forward as the hoop moves across your stomach. Push the hoop back when it moves across your back
- Or you can rotate your waist in small circles.
- Time how long (in minutes and seconds) pupils can keep it going non-stop. Maximum time limit 3 mins.



# Years

# 5 & 6



## Challenge 1

# Waist Hula Hoop Challenge

Time how long pupils can keep it going non stop around waist

- Hold the hoop in line with your waist and ensure it is touching your back.
- Count to 3 and spin the hoop straight.
- Push your stomach forward as the hoop moves across your stomach. Push the hoop back when it moves across your back.
- Or rotate your waist in small circles.
- Time how long (in minutes and seconds) pupils can keep it going non-stop. Maximum time limit 3 mins



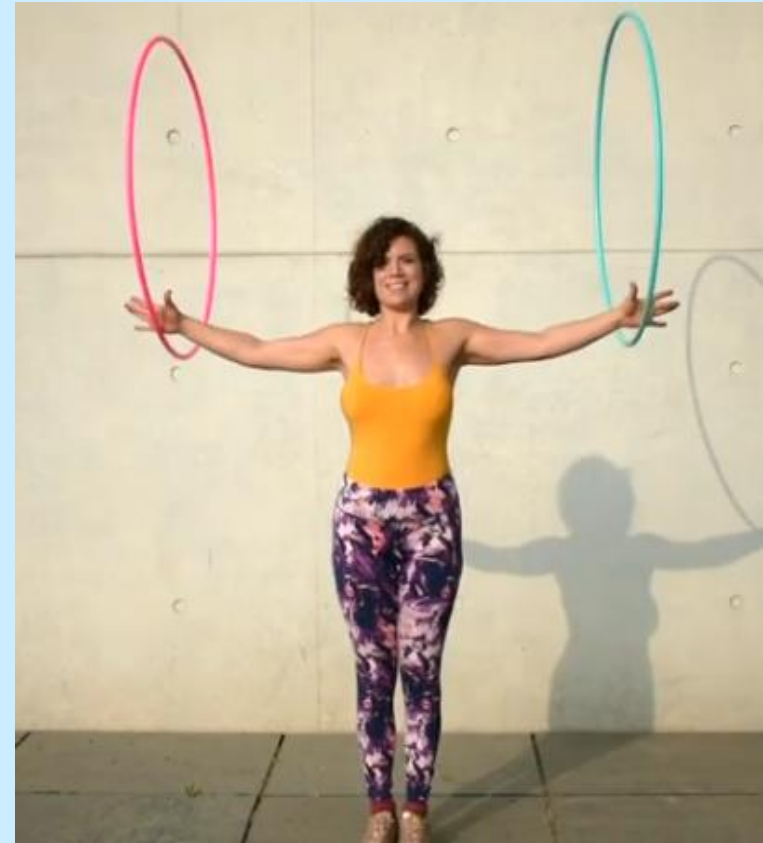


## Challenge 2

### Hula Hoop Double Arm Challenge

Time how long pupils can keep it going non-stop around arm

- Keep your arms straight and tighten all muscles.
- Use your hands to gently rock the hula hoops
- Your arms should only be moving in small circles.
- Keep arms straight.
- It helps if you do a gentle bounce by bending and straightening your legs.
- Time how long (in minutes and seconds) pupils can keep it going non-stop around arm. Maximum time limit 3 mins.
- **Safety point: allow plenty of space between pupils for two hoops on both sides**



# Teacher Demonstration

Show what will happen if the pupils do not have the hula hoop touching their back when hula hopping around the waist.

- It will just drop to the floor as there will be no body part for it to spin off.

Explain

- If it drops on the floor do not give up and keep on trying!
- **HSSP Virtual Hula Hoop Virtual Competition**
- Good Luck and please send in your top 10 (boys and or girls using the excel spreadsheet provided) competition scores/results to: Claire Moore email: [moorec@thehowardschool.co.uk](mailto:moorec@thehowardschool.co.uk) by Friday 7th July 2023.

