HULA HOOP HOP

OBJECT OF THE GAME:
Hop across the hula hoop trail!

WHAT YOU’LL NEED:
- At least 4 hula hoops
- A large playing area

INSTRUCTIONS:
Setup: Create a trail by placing hula hoops on the ground. Set the hoops an appropriate distance apart based on your players’ abilities to hop from hoop to hoop.

Playing the Game: Players will hop from hula hoop to hula hoop, trying to make it across the trail. If a player steps out of the hula hoops at any time, they must start again from the beginning. As players complete the course, space the hula hoops farther apart for a greater challenge!

Source: learnplayimagine.com/2013/06/gross-motor-activity-hula-hoop-games.html