



HulaFit Lesson Plan

NAME: _____ **DATE:** _____ **VENUE:** _____ **TIME:** _____

CLASS COACHING POINTS: Keep the core strong and firm; If new, don't feel like you must do all the moves, just keeping it up will be enough; Keep knees soft, don't lock out; keep breathing, Remind about space!

<p>OFF HOOP WARM UP: Duration: 3mins General List of Moves: Neck side to side/up & down, march on spot, shoulder circles/arm circles, heel digs, side bends, torso twists, box step, fast feet in & out of hoop, hip circles, squats</p> <p>Coaching Points: Warm up whole body, encourage mobility in hips and torso, keep low impact and arms low.</p>	<p>ON HOOP WARM UP: Duration: 7mins General List of Moves: Hoop in both directions; Side to side push with body, save the hoop (squat & scoop), speed up, find space in the hoop - dip hands into front of hoop.</p> <p>Coaching Points: To keep hoop up, pulse backwards/forwards or side/side, soft knees, lift chest, strong core, don't look down, keep breathing – aim to keep hoop up, don't attempt extra moves if struggling to maintain hoop spinning on waist.</p>
<p>MAIN WORKOUT CARDIO/MSD Duration: ON HOOP: 25 mins Move: Boxing – Jabs & Roundhouse punch. Coaching Points: Hands in fists, position in front of cheeks, lead movement from shoulder, strong core.</p> <p>Move: Tip Toes – Pulses & holds Coaching Points: Strong core, arms out for balance, feel it in the calf muscles</p> <p>Move: Fast Feet intervals Coaching Points: Legs wider than hip width, bounce from toes, fast tempo, side to side motion using sides of body to push</p> <p>Move: Lunges - forwards Coaching Points: lift chest, big step, don't bring knee over toe, use glutes to squeeze up.</p> <p>Add ons/Adaptations: Try both directions if able for each move. Combine Squat with boxing. Tip Toes; Bring feet together. Lunges; if wobbly take shallower step OR hold hoop if struggling to maintain.</p>	<p>OFF HOOP:</p> <p>Move: Squat through hoop Coaching Points: Hold hoop to one side, wide squat through hoop & change hands</p> <p>Move: Use Hoop as Marker Combo – jump the compass points, jump over & Jog around hoop. Coaching Points: Be clear with directions, high energy, lots of encouragement for jumping over hoop</p> <p>Move: Skipping Intervals Coaching Points: grip hoop loosely with hands, can try jumping through with 1 leg or both.</p> <p>Move: Plank – static plank with hands in hoop, sidestep in plank & tap hands outside hoop Coaching Points: straight line with spine, stick heels out, squeeze core up into lower back</p> <p>Add ons/Adaptations: Hoop as marker; step instead of jump for lower impact. Skipping; step for lower impact. Plank; can hold forearm plank for bad wrists, knees on ground if struggling.</p>
<p>ON HOOP COOL DOWN: Duration: 5mins Choose a dance along song e.g Macarena/Cha Cha Slide/Saturday Night – teach the moves & Hoop - keeping hoop on the waist.</p>	<p>STRETCHES: Duration: Forward fold, Hamstring stretch. Use hoops to give extra stretch; side bend, torso twists, Shoulder rolls and quads stretches</p>

