

# HULAFIT LESSON PLAN

Lesson #

Track	Techniques + Sets or Reps	Teaching Points	Adaptations/Alternatives
1	Warm Up:		
2	Hula Hoop Skills:		
3	Hula Hoop Skills:		
4	On Body Cardio:		
5	On Body Cardio:		
6	On Body Cardio:		
7	Off Body Cardio:		
8	Off Body Cardio:		
9	Floorwork/muscular work::		
10	Fun activity:		
11	Stretch/cool down:		

# HULAFIT LESSON PLAN

Lesson #

Time	Techniques + Sets or Reps	Teaching Points	Adaptations/Alternatives
4mins	Warm Up:		
8mins	Hula Hoop Skills:		
15mins	On Body Cardio:		
5mins	Off Body Cardio:		
5mins	Floorwork/muscular work::		
4mins	Fun activity:		
4mins	Stretch/cool down:		

# HULAFIT TECHNIQUES

## Hula Hoop Skills:

Learn to Hula Hoop	Opposite Direction	Save the Hoop
Fast Hooping	Turning	Hip hooping
Alternate foot position	Side to Side vs Fwd/Bkwd	Hand dips

## On Body Cardio:

Arm Sequence	BeanPole	Stepping
Side Taps	Turning	Balance
Jumping	Marching	Tip toes
Salsa	Box Step	Grapevine
Fast Feet	Limbo	Twerk
Hopping	Squats	Lunges

## Off Body Cardio:

High Knees	Jumping Jacks	Jogging
Use Hoop as Marker	Jumping over the Hoop	Skipping
Grapevine	Box Step	Skaters
Scissor Legs	Squats	Lunges
Curtsey Lunges	Burpees	Walk Outs
Leg Curls	Flip the Hoop	Floor Taps

## Floorwork/muscular work::

Shoulder Workout	Arabesque Balance	Planks
Mountain Climbers	Oblique Twist	Glute Bridges
Crunches	Hoopy Sit Ups	Wonky Hoop

**Fun activity:**

<b>Dance Choreo</b>	<b>Play a Game</b>	<b>Limbo</b>
<b>Twerk</b>	<b>Hoop Tricks</b>	<b>Competition</b>
<b>Hoop Ball</b>		