**HulaFit Lesson Plan – Beginners Week 1**

**GENERAL CLASS COACHING POINTS:** Keep the core engaged and strong; 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; Remind about space!

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| **Track** | **Technique/Move/Sequence** | **Adaptations/Modifications** | **Coaching Points** |
| 1 | **Warm Up**: **Hoop on floor, standing in middle**  Dynamic movements including; Head up & down, side to side; shoulder rolls; march on spot; tap out with feet; torso twists; hip circles; squats; fast feet in and out of hoop |  | Get the whole body moving, lubricate the joints & start to raise the heart rate |
| 2 | **Hula Hoop Skills : Learn to Hoop**  Warm up by practising the spin in both directions.  Get hoop spinning & keep hoop up – troubleshoot bad technique.  Try opposite direction.  Alternate foot positions : one foot to front or side by side | For more experienced: Challenge to bring feet closer together or work in opposite direction | Use the 5 P’s: Posture, Push(Spin), Pulse, Pace, Practise – soft knees, chest lifted, tummy tight, don’t look down, focus on pushing against the hoop, keep breathing |
| 3 | **Hula Hoop Skills : Save the Hoop + Fast Hoop**  Alternate:  How to save the hoop; the Squat & scoop – both directions.  Fast Hoop (angry chicken) | For more experienced:  Challenge to bring feet together to save the hoop | Don’t lean forward or stick bottom out – get hips under the hoop quickly & scoop up.  Use upper body movement to speed up hoop – one foot forwards; core engaged |
| 4 | **On Body Cardio : Arm Variations**  Move through Variety of static arm positions – holding for intervals of time.  Add arm movements to intensify. Try opposite direction. | For more experienced: Challenge to bring feet closer together | Aim to keep hoop up, don’t attempt extra moves if struggling to maintain hoop on waist. Encourage strong, straight arms – elongating through limbs |
| 5 | **On Body Cardio : Legs**  Alternate:  BeanPole – add arm movements – try opposite direction  Jumps – on spot / 180 / 360 | Feet hips width for BeanPole if struggling.  Add dynamic arm movements for intensity. | Stand tall, squeeze legs together & encourage to engage glutes/thighs – strong core. Keep arms up out of the way for jumps. |
| 6 | **On Body Cardio : Side Taps/ Stepping**  Stepping with the hoop on the waist; side to side, forward/backward. | Hold on spot and transfer weight foot to foot if struggling. | Keep hoop on waist, movement coming from core, not hips. |
| 7 | **Off Body Cardio Combo : Flip the hoop / Jog / Compass Jumps**  30 sec Interval timing of each exercise.  Flip the hoop on the floor from side to side; Jog around the hoop; stand in middle of hoop & jump the compass points. | For lower impact: If bending is a problem, pass the hoop from hand to hand instead of flip;  March instead of jog;  Step instead of jump | Keep the energy high! How fast/low/high can you go? |
| 8 | **On/Off Cardio: Squat Sequence**  Start holding hoop & squat x 4  Hoop on waist, Squat x 8  Hold hoop & helicopter above head & squat – count of 8  Repeat sequence in opposite direction – keep slow & focus on good technique. | If struggling to keep hoop on waist, can hold hoop for entire sequence. | Feet wide, toes angled out for wide squats, weight down through the heels, chest lifted, back straight, knees come over toes. Push through heels when rising up, squeeze glutes. |
| 9 | **Off Body Cardio Combo: Lunge & Arabesque**  Hold hoop at side, big step fwd into lunge & pulse x 8  Same leg forwards - Roll hoop out in front, hand on top, hinge at hips & lift leg for arabesque – hold for count of 8.  Raise/lower back leg x 8  Repeat on other leg. | Keep toe pointed on floor if struggling to raise.  Only lift a short way. | Big step forward, Feet on train tracks, hips point forward, core engaged, push weight through front heel to rise up, squeeze glutes.  Hinge forward at hips, soft bend in standing leg, core engaged, focus on a point, squeeze glutes to raise/lower leg. |
| 10 | **Fun Cool down: Turning with the Hoop** Turning with the hoop; same direction as hoop & opposite direction  Pirouette  Try opposite direction. |  | Keep hoop on waist, movement coming from core, not hips. |
| 11 | **Stretch and Cool down – use hoop to give extra stretch**  Shoulders, spine, side bends, hamstrings, quads & glute stretches. | Work to own flexibility with certain stretches. | Nice, deep breaths, slowing the heart rate.  Aim to stretch major muscle groups. |