**HulaFit Lesson Plan**

**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**: **Hold Hoop over body, both hands**  Dynamic movements including; Head up & down, side to side; shoulder rolls; march on spot; heel digs; leg curls; torso twists; hip circles; lunges; side stretches |  | Get the whole body moving, lubricate the joints & start to raise the heart rate |
| 2 | **Hula Hoop Skills : Learn to Hoop / On Body Warm up**  Get hoop spinning & keep hoop up – troubleshoot bad technique. Try opposite direction.  How to save the hoop; the Squat & scoop – both directions. | For more experienced: Challenge to bring feet closer together or work in opposite direction.  For more experienced:  Challenge to bring feet together to save the hoop | 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.  Don’t lean forward or stick bottom out – get hips under the hoop quickly & scoop up. |
| 3 | **Hula Hoop Skills : Alternate Fwd/Bkwd pulse with side to side pulse**  10 sec fwd/bkwd pulse in dominant/happy direction  5 sec fwd/bkwd pulse in opp direction  10 sec side to side pulse in dom/happy direction  5 sec side to side pulse in opp direction  REPEAT |  | Aim to keep hoop up & work both directions while raising heart rate – strong core  Side to side movement: Tik tok hips side to side, knees soft, focus on contact with side of body |
| 4 | **On Body Cardio : Arm Variations**  Small Arm circles, shoulder press, cactus arms  Try opposite direction. | For more experienced: Challenge to bring feet closer together.  Add leg movements/side taps for intensity | Aim to keep hoop up, don’t attempt extra moves if struggling to maintain hoop on waist. Encourage strong, straight arms – elongating through limbs, squeeze biceps |
| 5 | **On Body Cardio Combo : Legs**  Alternate:  Fast Feet  Bean Pole  Try both opposite direction | Can hold hoop for fast feet if struggling.  Feet hips width for Bean Pole if struggling.  Add dynamic arm movements for intensity. | Fast Feet: feet wide, weight forward into the toes, bounce from toes  Side to side motion using side of body to push. Fast as you can!  Stand tall, squeeze legs together & encourage to engage glutes/thighs – strong core. |
| 6 | **On Body Cardio : Balance Combo**  Start by transferring weight & tap feet side to side.  Point toe to front, lift & lower, attempt to sustain longer.  Repeat lifting leg to front / side / behind.  Try in opposite direction | Keep toe pointed on floor if struggling to lift. | Keep hoop on waist, movement coming from core, not hips. Core engaged. Stand tall. |
| 7 | **Off Body Cardio Combo : Box Step/High Knees/ Jog on spot**  Box Step lead Right x 4  Box Step lead L x 4  High Knees – pulsing hoop up and lowering over knee x 8  Jog on spot - count of 8  REPEAT | Box Step; option to add 2 x jump back for higher impact.  High Knees; Add bounce for high impact.  Low impact option to march instead of jog. | Box Step; bend knee at front, heel leads.  Core engaged for high knees. |
| 8 | **Off Body Cardio: Shoulder Workout & Lunges**  Alternate;  Shoulder Workout on R side; Basic x 4  Front Lunge Hoop out to front – alternate legs x 4  Shoulder Workout on L side; Basic x 4  Front Lunge Hoop out to front – alternate legs x 4  Shoulder Workout on R side; Add leg lift x 8  Front Lunge Hoop out to front – alternate legs x 8  Shoulder Workout on L side; add leg lift x 8 | Stay with arm raise only if leg raise a problem. | Stand tall, core engaged for stability, straight, long arms working through shoulder.  Front Lunge; Feet on train tracks, hips point forward, core engaged, push weight through front heel to rise, squeeze glutes. |
| 9 | **Floor Work: Oblique Twists & Boat Pose hold**  Seated on floor, holding hoop out in front - vertical  Twist and lower hoop each side x 10  Hold Boat Pose for a count with hoop held out to front - horizontal | High intensity option to raise heels off floor or keep heels on floor for stability. | Straight line with the spine, core engaged, chest lifted, use core to keep body lifted.  Squeeze oblique muscles as you twist & lower the hoop at each side. |
| 10 | **Fun Cool down: Limbo & Twerk** Practise limbo – get everyone to limbo across the floor together.  Practise Twerk |  | Bend the knees, look up, arms to the head, little bounces forwards, hips thrusting up.  Lean forward, straight back, core engaged, knees bending and heels lifting off floor. |
| 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. |