**HulaFit Lesson Plan – Beginners Week 3**

**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 behind hoop**Dynamic movements including; Head up & down, side to side; shoulder rolls; march on spot; heel digs; leg curls; torso twists; hip circles; jog around room & tap floor inside other hoops; lunge into hoop |  | 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 in 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 : Turning with the Hoop**Turning with the hoop; same direction as hoop & opposite direction.Pivot turnTry opposite direction. | Start turning slowly, focus on control.For more experienced: turn faster. | Aim to keep hoop up, don’t attempt extra moves if struggling to maintain hoop on waist.Step forward, transfer weight & push from core. Keep hoop on waist, movement coming from core, not hips. |
| 4 | **On Body Cardio : Arm Variations**Boxing combo | For more experienced: Challenge to bring feet closer together | Keep fists in front of cheeks |
| 5 | **On Body Cardio : Walking/jogging**Arrange participants in big circle & challenge to walk forwards around the room.Challenge to walk backwards.Final challenge to jog in big circle around room. | Form an inner circle for beginners & outer circle for more experienced hoopers to walk/jog faster. | Step forward, transfer weight & push from core. Keep hoop on waist, movement coming from core, not hips. Remind about space! |
| 6 | **On Body Cardio : Tip Toes / Fast hoop intervals**Alternate:Balance on tip toes for count of 8 – try one with eyes closedFast Hooping (angry chicken) for count of 8 Repeat in opposite direction. | Tip toes - For more experienced: Challenge to bring feet closer together. Keep feet hips width for beginners. | Keep strong coreUse upper body movement to speed up hoop, pump into the hoop – one foot forwards; core engaged. |
| 7 | **Off Body Cardio Combo : Squat/Curtsey Lunge/Skipping**30 sec Interval timing of each exercise. Squat through Hoop – side to sideTravel side to side with side steps, rolling hoop on floor & curtsey lungeSkipping | For lower impact:If bending thro hoop is a problem, hold hoop for squats.Give different impact options for skipping – slow step through with one feet OR faster with both feet jumping. | Keep the energy high! How fast/low/high can you go?C.Lunge; Step diagonally back, aim for knee behind heel, bend knees, chest lifted, core engaged for stability, activate those glutes, push up through front heel. |
| 8 | **On/Off Body Cardio: Squat Sequence**Hoop on waist, Squat x 8Hold squat low for count of 8Bring hoop off body, hold to front with both hands on outside of hoop, come into squat and drive hoop (like driving a car)Repeat sequence hooping 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, squeeze glutes.Big, strong arm movements when driving the hoop. |
| 9 | **Floor work: Plank & Variations**Intervals of 30 sec / rest 10 secHold static plankJump feet out planks/ step feet out for lower impactPlank walk on hands from side to side – tapping outside the hoop – or hold static for lower impact. | Modify: For wrist problems - start on forearms. Can drop to knees for lower impact.If on knees, alternate tapping foot behind. | Shoulders above the wrists, heels kick out behind you, long line with the spine, keep abdominals switched on & sucked up into lower back. |
| 10 | **Fun Cool down: Teach a Dance Choreo**Macarena / Saturday Night / Blame it on the boogie etc |  | Keep hoop on waist, movement coming from core, not hips. |
| 11 | **Stretch and Cool down – use hoop to give extra stretch** Wrists, 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. |