**HulaFit Lesson Plan – Beginners Week 4**

**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**: **Holding hoop**  Dynamic movements including; Head up & down, side to side; shoulder rolls; march on spot; side steps; box step; torso twists; hip circles; side stretch, heel digs, lunges |  | 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.  Hand dips into the hoop. | For more experienced: Challenge to bring feet closer together or work in opposite direction.  Can challenge to dip both hands or just 1 at a time. | 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 & Hip/Booty Hooping** How to save the hoop; the Squat & scoop – both directions.  Maintain Hoop on hips – see how many spins you can do on hips & then recover the hoop back to the waist. Both directions. | For more experienced:  Challenge to bring feet together to save the hoop.  For hip hooping; challenge to turn with hoop | Don’t lean forward or stick bottom out – get hips under the hoop quickly & scoop up.  Fast paced Fwd/Bkwd thrust into hoop to maintain on hips, movement all from the hips/bottom. |
| 4 | **On Body Cardio : Arm Variations**  Arm sequence from Core Crew Video Bank | 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.  Strong core, extend through arms. |
| 5 | **On Body Cardio : Side Tap/Knee Raise Combo**  Tap feet out to side x 4 each side  Knee Raise x 4 each knee  Combine 2 movements; side tap & knee raise, alternate sides.  Try both directions with hoop. | Challenge the class by speeding up the tempo.  Giving option to stay at slower tempo. | Keep hoop on waist, tight tummy especially with knee raises. |
| 6 | **On Body Cardio : Walk & Kick Combo**  Walk forwards x 4 Wave arms, Backwards x 4 clap hands  Hold on spot and kick with alternate feet  Turn on spot & kick with feet  Squat & kick  Repeat in opposite direction. | For Beginners; option to hold on spot, no walking & just do arms. | Aim to keep hoop up, don’t attempt extra moves if struggling to maintain hoop on waist.  If hoop falls down, don’t worry pick it up and give it another go. |
| 7 | **Off Body Cardio Combo 10 : Run, Crunch, Lunge, Squat**  Interval timings of each exercise.  Combo Sequence in Core Crew Video Bank | For lower impact: Stepping instead of running, slower tempo | Keep the energy high!  Lunge & Squats; focus on form rather than speed; chest lifted, core engaged for stability, activate those glutes, push through heels.  Front Lunge; Feet on train tracks, hips point forward, core engaged, push weight through front heel to rise, squeeze glutes. |
| 8 | **On Body Cardio: Wonky Hoop & Limbo**  Try the wonky hoop in both directions.  Practise limbo – get everyone to limbo across the floor together. | If struggling to keep hoop on waist, can hold hoop for entire sequence. | Wonky Hoop: Feet wide, knees bent, big circles with hips focussing on contact with the hoop. Limbo: Bend the knees, look up, arms to the head, little bounces forwards, hips thrusting up. |
| 9 | **Resistance: Front Row + Walk Outs**  Reps of Front Rows, alternating with Walk Outs | Lower impact for walkout:  Option to bend knees and come down onto knees | Row: Knees soft, feet hip width, core engaged, glutes engaged, shoulder blades back and down. Elbows lift high – breathe out as pull up/in as lower. Walkout: Hinge at hips, walk out on hands to plank, as walking back engage hamstrings & glutes. |
| 10 | **Fun Cool down: Play a Game**  Choose a game from the Group activities, fun and games doc |  |  |
| 11 | **Stretch and Cool down – use hoop to give extra stretch** Wrists, Shoulders, spine, side bends, hamstrings, quads & glute stretches. | Work to individuals own flexibility with certain stretches. | Nice, deep breaths, slowing the heart rate.  Aim to stretch major muscle groups, holding stretches for 10 secs. |