

88. Spin with 2 hands or 1 hand to 2 hands
89. Smile- swing in front changing and not changing hands
90. Musical Hoops
91. Ask what is your hoop? They will have great ideas.
92. Roll on ground, one hand to other side to side in front of body
93. Sit around the "campfire" and sing songs or tell ghost stories
94. Make a routine or dance
95. Hands stay in hoop on floor and feet step or jump around the circle
96. Feet stay in hoop on floor and walk hands around the circle.
97. Either 95 or 96 with only 1 body part in hoop and go around the circle
98. Corral- toys go here/ sorting
99. Step in, pull up and over head and place back on floor and go to next hoop or give to next person
100. Dream Catcher- add tape or yarn
101. Walking or Running while hula-ing
102. Train- multiple people holding multiple hoops moving together
103. Pick up with toes
104. V snap- lay down, hold in hands, snap up, feet grab it, lay down, reverse
105. Hands stay in hoop, focus stays in one spot and feet move around, one arm will lift when feet are sideways.
106. Russian twist- sit and twist side to side
107. Pass or roll under down dog/plank- 1 person, partner or group
108. Balance one on top of the other like a T or an 8
109. Buy hoops from Joanne
110. Hang like art
111. What else can YOU do?

**Ask me about  
birthday parties and  
hoop making workshops  
for all ages**

**Space** is important  
factor for safety.

You need to have an  
open space with no  
obstacles or obstructions.

### **Hoop Maintenance**

- Do not leave them in extreme weather like heat, cold, or water
- Do not push or pull or bend
- Wipe down with damp cloth
- Store in a cool dry place

Add your favourites  
and let me know  
so I can add them  
to the 100 Plus list.

---

# 100 PLUS THING TO DO WITH HULA HOOPS

---



Joanne McLay

[jo.a.mclay@gmail.com](mailto:jo.a.mclay@gmail.com)



1. Arm circles on each side, in front and each direction.
2. Spin on body ( neck, chest, hips, knees, ankles)
3. Spin on 1 body part ( like ankles or hand or leg)
4. Roll away ( push it)
5. Walk the dog ( reverse spin)
6. Angel/ halo over head- no spin
7. Halo drop
8. Penny spin- twist it on the ground
9. Figure 8- side to side or up and down
10. Jump over while hoop rolls
11. Kick leg over while hoop rolls
12. Jump through middle while rolling
13. Use foot to roll it to stand up
14. Lift up on foot to a 90 degree bent leg or march
15. Rainbow-over head changing and not changing hands
16. Jacket - in one arm, spin around back, to other arm
17. 180 degree toss- head over heels
18. Human pylon- stand still
19. Twirl around-body moving, same hand
20. Spin hoop around body- body not moving, alternate hands
21. Target for tossing other objects like bean bags
22. Toss and catch with hands
23. Toss and catch with other body parts
24. Toss with foot from bent leg
25. Yahoo - Spin over head like lasso

26. Jump in and out- 2 feet or 1 foot
27. Handstand (hand in)
28. Cartwheel (hands in or pick up )
29. Stir the pot - spin in front body 1 hand
30. Bracelet or necklace
31. Endurance or cardio with hula or spinning
32. Speed spinning on body parts
33. Hand grips- over grip, under grip, mixed grip, narrow, wide
34. Head and Shoulders or other songs
35. Hand over hand like climbing a rope
36. Balance on different parts of body
37. Obstacles - walk across or around
38. Tight rope- walk on it so it rolls
39. London Bridge
40. Fastest Creature- group holding hands move hoop around circle without letting go of hands.
41. Fastest Creature with 2 hoops going in same or opposite directions.
42. Quidditch
43. Basketball Basket- someone has to hold it
44. Soccer Goal (not ball)
45. Golf or Hockey stick
46. 4 corners
47. Pirate Ship
48. Sharks in the Water
49. Relay Races
50. Cooperative Carry
51. Cross the Amazon
52. Crows Nest in Captain's Coming
53. Pip Speak and Wilber
54. Red light Green light (steering wheel)
55. Spin on arm with partner- shake hands and spin hoop
56. Partner Balances
57. Gentle Tug O War

58. Horsie ride- pull or be pulled
59. Row row row your boat- single or with partner facing each other in a straddle sit
60. Olympic Rings
61. Make one
62. Build 3D globes
63. Stand up like a tunnel
64. Zamboni or bulldozer- push things around
65. Multiple hoops spinning on floor
66. Multiple hoops spinning on body
67. Spider web- add tape or yarn
68. Peace sign- add tape or yarn
69. Meeting spot for group
70. Limbo
71. Hurdles- put on top of boxes or pylons
72. Shield- add tape or cover
73. Swords- be gentle
74. 3 legged race- use instead of tie around legs
75. Space ship
76. Steering wheel ( wheels on the bus)
77. Hopscotch
78. Skipping
79. Pogo stick- feet on bottom, hands on top
80. Leap over- lay flat on floor
81. Dancer or yoga pose
82. Sun Salutation
83. Stretching assisted - like yoga strap
84. Harness or utility belt -over the shoulder
85. Toss or spin hoop, turn or clap to catch.
86. Squeeze and Release- grip strength
87. Geometry/ Pi/ Math lesson