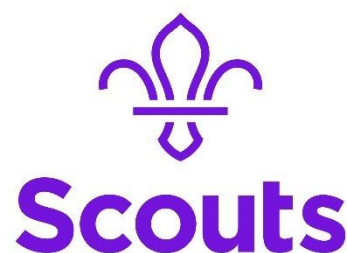


Happy hooping

Follow this six week plan to develop your happy hooping.



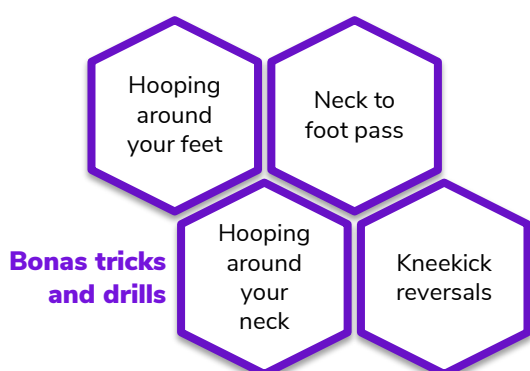
This table provides examples of activities to help you achieve your Skills Challenge Award. These suggestions are based on the Happy hooping taster session and are just one of the many ways you can achieve the award. This specific plan is useful for anyone in need of some guidance (perhaps you're brand new to this activity) and anyone who'd rather not come up with their own development timetable.

Week	Challenge	Signed off (leader/parent/carer)
1	<p>Basic waist hooping</p> <ul style="list-style-type: none"> • Step inside your hoop and bring it up to your waist. • Place the hoop against the small of your back so it's sitting in front of you. • Push your hoop to the side using your hand. Give it a firm push so it begins to spin around your body. • Move your waist forwards and backwards from your belly button to pulse the hoop around you. • Keep going until you can confidently waist hoop. <p>Hand hooping in vertical lasso</p> <ul style="list-style-type: none"> • Hold your hoop vertically out in front of you just above the floor. • Grab your hoop with an underhand grip at its top-most point. • Rotate that hoop upwards a half rotation so that it's positioned above your hand, and you're holding it at the bottom-most point. • If you rotate the hoop firmly before loosening your grip then you'll be able to use this momentum to spin the hoop freely in a full rotation around your hand in front of you. • To keep the hoop up you'll want to slightly move your hand from side to side. • To increase the hoop speed, you'll need to move your hand faster. • You'll probably find it easiest to spin your hoop around your hand if you keep your thumb pointing upwards with your hand flat, in an L-shape. • Practise doing this with both hands. • Once you're comfortable spinning the hoop around both hands, try transitioning from one hand to the other. 	
2	<p>Hoop hand off</p> <ul style="list-style-type: none"> • Hold the hoop horizontally in front of you. • Use your right hand to bring the hoop clockwise around your body. • Hold the hoop loosely and bring your hands close for a smooth hand off behind your back. • Pass from your right to your left hand and bring the hoop round to your front for a full rotation. 	

	<ul style="list-style-type: none"> • If you want to turn your body while completing your hand off, you could try turning in the opposite direction; you might find it easier to make a smooth handover this way. • Once you've learnt the basic hand off, you can challenge yourself by lifting one leg in front or behind you and handing the hoop off underneath. <p>Chest hooping</p> <ul style="list-style-type: none"> • Practise your chest movements without the hoop first: you want to limit your movement to just your chest and ribcage area. Place your hands on your hips and push your chest forwards, side, back and side in a circle. Make sure the motion is smooth, and practise in both directions (clockwise and anticlockwise). When you're happy with this movement, pick up your hoop. • Place your hoop underneath your armpits and high on your back, holding the sides. The higher up your back it is, the easier it'll be to save if it starts to fall. • Give the hoop a push and get your arms out of the way above your head, and begin the chest circles to spin the hoop. • Keep practising until you can confidently chest hoop. <p>Hand hooping in lasso above your head</p> <ul style="list-style-type: none"> • Position the hoop vertically to the left-hand side of your body. • Rest the hoop on the palm of your left hand, with a flat palm and your thumb pointing upwards, in an L-shape. • Swing the hoop diagonally upwards across your body towards and above your right shoulder. • Use the momentum of the hoop to swing it into a full horizontal rotation above your head, keeping your hand in the L-shaped position. • Your hoop should be rotating in a horizontal lasso above your head. • Keep practising until you can confidently lasso the hoop. 	
3	<p>One-handed weaves</p> <ul style="list-style-type: none"> • Start out by holding your hoop vertically and facing forward, gripping with an underhand grip at the top with your right hand. • Hold the hoop to the right side of your body, so your elbow's bent and your grip is roughly in line with your underarm. • Begin your weave by rotating your hoop forwards a half rotation, so that your hand's now at the bottom of the hoop. • To continue your weave, move your hoop diagonally downwards across your body towards the opposite hip, so that your hand's back at the top of the hoop, and your arm crosses across your torso. • Now rotate your hoop forwards a half rotation, so that your hand's once again at the bottom of the hoop. • Move your hoop diagonally downwards back across your body, back into your first position where you started. • Practise linking these movements together to achieve a smooth weave. <p>Helicopter spins</p>	

	<ul style="list-style-type: none"> • Stand up straight and grab the horizontal hoop with a two-handed underhand grip at its nearest point, with your arms extended out in front of you. • Using one hand, carry the hoop around your body while twisting your arm in the opposite direction. This will flip the hoop as it moves around your body. • Hand the hoop around your back, receive the hoop underhand. • Once you've made the behind the back pass, continue to twist your arm in the opposite direction to the way the hoop is travelling to continue the flip. • Bring your spinning hoop back around to your front and continue the motion. <p>Hoopng around your legs</p> <ul style="list-style-type: none"> • Step into the hoop, holding it on either side. • Relax your knees and keep your legs close together, but not touching. • Place the hoop against the back of your legs, just above your knees. • Wind the hoop up by rotating it in one direction (still keeping it resting against the back of your legs) and give it a forceful spin in the opposite direction around your legs. • Try using one leg to support the majority of your body weight, while you use the other to move the hoop around – this is the 'pulsing leg'. • Try lifting the heel of your pulsing leg off of the ground and raising it slightly. You can pulse forwards or sideways; experiment to find what works best for you. 	
4	<p>One-handed isolations</p> <ul style="list-style-type: none"> • A basic hoop isolation involves rotating a hoop in a circular motion around a central point while keeping the hoop in one spot. This trick is a kind of illusion, as it'll seem almost as if your hoop's floating! • Place your hoop in a front-facing vertical position in front of you, gripping the hoop overhand at the bottom centre. • You're going to need to find the centre point of your hoop, so that you can concentrate on keeping it the same in order to perform the trick. • One way of understanding the trick might be to imagine drawing a circle with a compass. If the centre point of the hoop is the needle point of your compass, you're going to want to rotate the hoop around as though you're drawing your circle. • To begin, you're going to rotate the hoop in a circular motion around the central point. Your hand should stay at the same point on the hoop (you could mark this with a bit of tape to help you), while your outstretched arm rotates the hoop around, moving your arm almost like the turning hand of a clock. • As your hand reaches the top of the circle, you'll realise you need to reposition in order to make the full rotation. The next bit can be a little tricky. 	

	<ul style="list-style-type: none"> • Roll your hand inside the hoop, so that the hoop is passing over the back of your palm before you re-establish your grip, catching the hoop on the inside. • You'll then complete your rotation around the centre point. • Practise doing this until you can do multiple rotations smoothly. 	
5	<p>One-leg escalator</p> <ul style="list-style-type: none"> • To get started, you're going to want to hold the hoop at the top using an underhand grip and place it on the floor at your left side, facing forwards. • Next, you'll need to make sure your legs are shoulder-width apart. • Take your left leg and move it forward, placing it through the front of the hoop. The hoop should be snugly resting up against your leg, in front of your ankle but behind your calf muscle. • Next, take your right hand and place it above the left side of your forehead, ready to catch the hoop. This'll prevent the hoop from hitting your face. Keep your palm open, and your thumb sticking out. • With a light hold on the hoop, flip the hoop diagonally up and towards your body. • As you bring the hoop in, lift your right leg and step through the whole of the hoop. • Next, push the hoop into your chest near your right armpit, before letting go. • Once the hoop is released, it should have enough momentum to spin diagonally up your body and over your head. • Use your right hand to catch the hoop as it reaches your head. • Once you've caught the hoop, extend your arm upwards into a lasso above your head. • Keep practising linking these steps together until you have a fluid motion to your escalator. 	
6	<p>Use this final week to really up the challenge and choreograph a routine to a song of your choice that includes everything you've learnt in the last six weeks.</p>	



**For all of the activities above we recommend watching some video tutorials demonstrated by fitness professionals online for examples of best practice.*

***If there's any stress, strain or increasing discomfort during any of these exercises, drills or tricks make sure you put down the rope, consider why this may be and contact a healthcare professional if needed.*