Four Square Hula-Hoop

GET MUSCLES WORKING WITH THIS GROUP EXERCISE!

Start with a group of four players and give each one a hula-hoop and a bean bag.

On your “go” signal, each player goes into a push-up position, arms extended and body off the floor. The player’s hands are behind the hula-hoop, and she/he tosses their bean bag into one of the other hula-hoops. This process continues as players throw the bean bags (one at a time!) that have been thrown into their hoop.

When you say “stop,” each player counts how many bean bags are in her/his hula-hoop. Each bean bag counts as a point.

Play several rounds of the game in this way, keeping up with each player’s point total after each round.

After several rounds of the game are complete, the player with the fewest total points wins.

Make the game more challenging by spacing the hula-hoops farther apart.

All you need are four hula-hoops and four bean bags.

Arrange the four hula-hoops in the shape of a square, with one bean bag in each hula-hoop.

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2. Start with a group of four players and give each one a hula-hoop and a bean bag.

3. Arrange the four hula-hoops in the shape of a square, with one bean bag in each hula-hoop.

4. On your “go” signal, each player goes into a push-up position, arms extended and body off the floor. The player’s hands are behind the hula-hoop, and she/he tosses their bean bag into one of the other hula-hoops. This process continues as players throw the bean bags (one at a time!) that have been thrown into their hoop.

5. When you say “stop,” each player counts how many bean bags are in her/his hula-hoop. Each bean bag counts as a point.

Play several rounds of the game in this way, keeping up with each player’s point total after each round.

6. After several rounds of the game are complete, the player with the fewest total points wins. Make the game more challenging by spacing the hula-hoops farther apart.