

HULA HORSE RACE

EQUIPMENT:

- ✂ Hula Hoops, cones or any kind of markers.

SET UP:

- ✂ Choose a start and finish point for your race.



AIM OF THE GAME:

- ✂ To improve balance and strengthen your core muscles.

HOW TO PLAY:

- ✂ Players stand at your chosen starting point.
- ✂ On command “**3-2-1-Hula**” players start spinning their hula hoops and simultaneously try to race towards the finish point.
- ✂ Players can move however they find the easiest (running, shimmying, the herky-jerky), as long as their hoop is spinning.
- ✂ If a players hoop stops spinning, they must stop moving, get their hoop spinning again, then continue the race.
- ✂ If you are playing on your own, introduce a timer.
- ✂ To change the difficulty, increase the distance of the finishing point from the starting point.
- ✂ To make the game more exciting, introduce different obstacles that the players have to go over or around.
- ✂ The game ends when a player reaches the finish point.

