



Physical Education



Hula Hoop Skills Practice

Review each of these skills activities. You will need to practice all the activities over the next few weeks. You can count the time you practice on your weekly Activity Log.

Print off this page to help you keep track of the skills you need to practice. You can print off a new one each week.

Hula Hoop	SU	M	Tu	W	Th	F	Sa
Waist (5+ times)							
Neck (5+ times)							
Try to spin on knees							
Try to Tread Water							
Try to spin on the arm							
Try to switch from one arm to the other							
Balance and run through							