



Hubba Hooping description

- *Students must start with the hoop around their waste.
- *The teacher or another student will keep time with a stop watch, phone, etc.
- *Students continue to hula hoop until the hoop hits the floor, then time is over.
- *Students may choose to walk while hula hooping.



45 seconds is a Bronze Level!

90 seconds is a Silver Level!

3 minutes is a Gold Level!

*Students who earn any of these levels will get their name on a certificate to placed on the wall.