

“Hooping in the Hills”

(Implementation of Weighted Fitness Hoops in the High School Physical Education Curriculum)

Warren Hills Regional High School



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Weighted Fitness Hooping Benefits

Educational Benefits

Fitness Cardio Core Benefits

Receptibility with students and staff throughout school building

Competitive

Speed and Agility Drills

Creative Fitness Games

FUN!!!

Today's Objectives

Objective # 1: Participants will learn the healthy benefits of weighted fitness hoops.

Objective # 2: Participants will learn how to use the weighted fitness hoops.

Objective # 3: Participants will analyze the weighted fitness hoop unit to implement in their physical education curriculum.

Why use weighted fitness hoops in your curriculum?

Top 10 Reasons to Utilize Weighted Fitness Hoops in Your Class!

1. Core Exercise
2. Cardiovascular Exercise
3. Increases Flexibility
4. Alternative Dynamic Warm-up
5. Implement as a Unit
6. Utilize as your SGO for your students
7. Beginners/Intermediate/Advanced Workouts
8. Hoop Circuit Stations
9. Innovative obstacle courses/relays/games
10. FUN!



National SHAPE Health & Physical Education Standards

<https://www.shapeamerica.org/standards/pe/>

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

New Jersey State Statutes

www.state.nj.us

- **Health, Safety, and Physical Education (N.J.S.A.18A:35) requires that all students in grades 1 through 12 participate in at least two and one-half hours of health, safety, and physical education in each school week.**

“Every pupil, except kindergarten pupils, attending the public schools, insofar as he or she is physically fit and capable of doing so, as determined by the medical inspector, shall take such courses, which shall be a part of the curriculum prescribed for the several grades, and the conduct and attainment of the pupils shall be marked as in other courses or subjects, and the standing of the pupil in connection therewith shall form a part of the requirements for promotion or graduation. The time devoted to such courses shall aggregate at least two and one-half hours in each school week, or proportionately less when holidays fall within the week.”

New Jersey Comprehensive Health & Physical Education State Standards

(23)

www.state.nj.us

2.1.12.A.1, 2.1.12.A.2, 2.1.12.B.1, 2.1.12.C.1, 2.1.12.C.2, 2.1.12.C.3

2.2.12.B.1, 2.2.12.B.2, 2.2.12.E.1

2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 2.5.12.A.4

2.5.12.B.1, 2.5.12.B.2, 2.5.12.B.3

2.5.12.C.1, 2.5.12.C.2, 2.5.12.C.3

2.6.12.A.1, 2.6.12.A.2, 2.6.12.A.3, 2.6.12.A.4

Fitness Hoop Summative Qualitative Assessment "Student Responses!"

Name: Sara Ching Date: 3/30/17 Miss B

Fitness Hoop Summative Qualitative Self-Assessment

(Worth 10 points)

1. Throughout this Personal Wellness Unit, we learned and practiced the dynamics of non-weighted and weighted fitness hooping to increase balance, coordination, cardiovascular endurance, flexibility and muscular endurance. Answer the statements and questions below

- Share your experience with either one or both the non-weighted and weighted fitness hoops (2pts)
- Did you improve or stay the same in hooping through periodic timed intervals (2pts)?
- Do you feel the practice sessions helped you each day improve your confidence, balance, coordination, cardiovascular endurance, muscular endurance and/or in your flexibility test? (2pts)
- Which hoop were you more successful with through the timed intervals? (2pts)
- Do you feel more confident with hooping? (2pts)

- The fitness hoops cut my exposure in my core while having a good time

- I improved on both the weighted and non-weighted hoops by a few minutes or more

- Yes the hooping built my balance & my muscular endurance

- I was more successful w/ the weighted hoops

- At first I thought the hooping would be silly but it was really fun and made me more confident of my abilities

19/10

Name: Madison Hoover Date: 3/30/17 Miss B

Fitness Hoop Summative Qualitative Self-Assessment

(Worth 10 points)

1. Throughout this Personal Wellness Unit, we learned and practiced the dynamics of non-weighted and weighted fitness hooping to increase balance, coordination, cardiovascular endurance, flexibility and muscular endurance. Answer the statements and questions below

- Share your experience with either one or both the non-weighted and weighted fitness hoops (2pts)
- Did you improve or stay the same in hooping through periodic timed intervals (2pts)?
- Do you feel the practice sessions helped you each day improve your confidence, balance, coordination, cardiovascular endurance, muscular endurance and/or in your flexibility test? (2pts)
- Which hoop were you more successful with through the timed intervals? (2pts)
- Do you feel more confident with hooping? (2pts)

My experience with the weighted hoop was greater and better than regular hoop. I improved with hooping because I was able to hoop longer. Yes each session a day definitely helped me improve everything. I was more successful with the weighted hoop. I was easier to. I definitely feel more confident hooping now.

19/10

Fitness Hoop Summative Qualitative Assessment “Student Responses!”

Name: Dan Gik Date: 3/27/17 Class: 5

Fitness Hoop Summative Qualitative Self-Assessment
(Worth 10 points)

1. Throughout this Personal Wellness Unit, we learned and practiced the dynamics of non-weighted and weighted fitness hooping to increase balance, coordination, cardiovascular endurance, flexibility and muscular endurance. Answer the statements and questions below.

- Share your experience with either one or both the non-weighted and weighted fitness hoops (2pts)
- Did you improve or stay the same in hooping through periodic timed intervals? (2pts)
- Do you feel the practice sessions helped you each day improve your confidence, balance, coordination, cardiovascular endurance, muscular endurance and/or in your flexibility test? (2pts)
- Which hoop were you more successful with through the timed intervals? (2pts)
- Do you feel more confident with hooping? (2pts)

The non-weighted hoop was less for how weighted. The weighted helped me get over it a walk-out. I stopped over time when I hooped. As the teacher helped me through gaining confidence and coordination I just kept with the weighted hoop. As I know let our contact with hooping.

Dan Gik

10/10



Student Testimonials from Weighted Fitness Hoop Summative Assessment!

“ I like the weighted fitness hoop a lot, I saw improvements in my back and ab muscles!”

“ I improved in hooping throughout the trials and it was easier to for extended time.”

“ The practice sessions helped me improve my coordination and I was able to move while hooping!”

“I enjoyed using the hoops at the start of the class, it was fun and entertaining.”

“ I really enjoyed hooping. It made me get one for home.”

“ I do feel like it helped coordination and cardiovascular endurance.”

“ The weighted and non-weighted hoops were a fun way to stay in shape.”

“ Yes, with each practice session, I improved in confidence, balance, coordination, cardiovascular endurance, muscular endurance and in my flexibility tests.”

“ My experience was great. I haven't hula hooped in a long time, so it was good getting into it.”

“I improved because through hooping everyday I was able build up to hooping 7 minutes non-stop in warm up.”

Student Growth Objective (SGO) Worksheet

Name _____ Month _____ Year _____

Cardiovascular Core Fitness Hoop Assessment

I. Record the approximate number of repetitions utilizing the Weighted Fitness Hoop

Pre-test Blue Weighted Fitness Hoop _____

Trial 1 _____

Trial 2 _____

Trial 3 _____

Post-test Blue Weighted Fitness Hoop _____

II. Record approximate number of repetitions utilizing the Weighted Fitness Hoop

Pre-test Weighted Fitness Hoop _____

Trial 1 _____

Trial 2 _____

Trial 3 _____

Post-test Weighted Fitness Hoop _____

III. Record completed trial utilizing the Blue Weighted Fitness Hoop

Pre-test The Blue Struck Blue Weighted Fitness Hoop Contest _____

Trial 1 _____

Trial 2 _____

Trial 3 _____

Post-test The Blue Struck Blue Weighted Fitness Hoop Contest _____

IV. Record completed trial utilizing the Weighted Fitness Hoop

Pre-test The Blue Struck Weighted Fitness Hoop Contest _____

Trial 1 _____

Trial 2 _____

Trial 3 _____

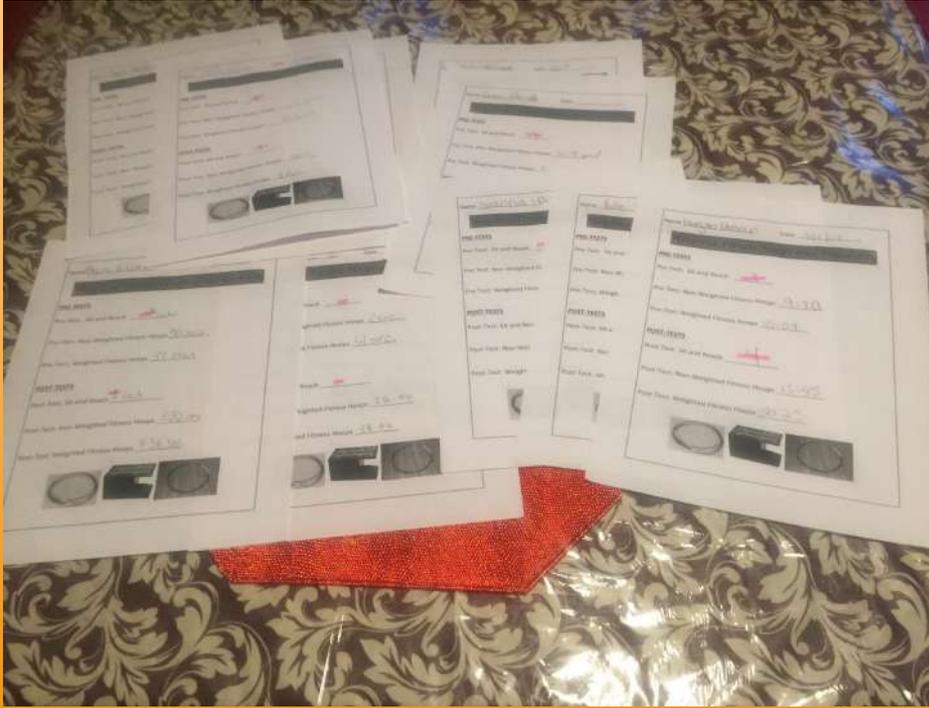
Post-test The Blue Struck Weighted Fitness Hoop Contest _____

Weighted Fitness Hoops & Sit and Reach Box

Measuring Cardiovascular Core Fitness vs. Flexibility

Answer: Yes, there is a correlation according to data collected within my Physical Education classes.

Weighted Hoops & Flexibility Tests Worksheet (SGO)



Name: Jeffrey DeGuzman Date: 3/26/19

Weighted Fitness Hoops and Flexibility

PRE-TESTS

Pre-Test: Sit and Reach 14

Pre-Test: Non-Weighted Fitness Hoops 17 seconds

Pre-Test: Weighted Fitness Hoops 15 seconds

POST-TESTS

Post-Test: Sit and Reach 14

Post-Test: Non-Weighted Fitness Hoops 5min

Post-Test: Weighted Fitness Hoops 8min



Weighted Hoops & Flexibility Tests Worksheet

Name Glenn Hahn Date: _____

Weighted Fitness Hoops and Flexibility

PRE-TESTS

Pre-Test: Sit and Reach

Pre-Test: Non-Weighted Fitness Hoops 1:48

Pre-Test: Weighted Fitness Hoops 2:02

POST-TESTS

Post-Test: Sit and Reach

Post-Test: Non-Weighted Fitness Hoops 2:10

Post-Test: Weighted Fitness Hoops 2:09



Name Maddy Davis Date: 2/24/19

Weighted Fitness Hoops and Flexibility

PRE-TESTS

Pre-Test: Sit and Reach

Pre-Test: Non-Weighted Fitness Hoops 1:31.00

Pre-Test: Weighted Fitness Hoops 2:00

POST-TESTS

Post-Test: Sit and Reach

Post-Test: Non-Weighted Fitness Hoops 1:45.00

Post-Test: Weighted Fitness Hoops 1:50.00



“Musical Weighted Fitness Hoops”

(Spin-off from Musical Chairs, just use the Hoops)

Equipment needed:

Portable speaker

Disco globe (optional)

Music

Weighted/Non-Weighted Fitness Hoops

Plenty of Space in the Gym

The students really enjoyed creating innovative ideas with these hoops!



One of my Excellent “Hooping in the Hills” Physical Education classes!



Weighted Fitness Hooping in the Hills!

Even the WHRHS Principal, Mr. Kavcak is having Fun!



Weighted Fitness Hooping in the Hills!

WHRSD Assistant Principals, Mrs. Rader & Mr. Barker



Weighted Fitness Hooping in the Hills!

WHRSD Supervisor, Mrs. Brown



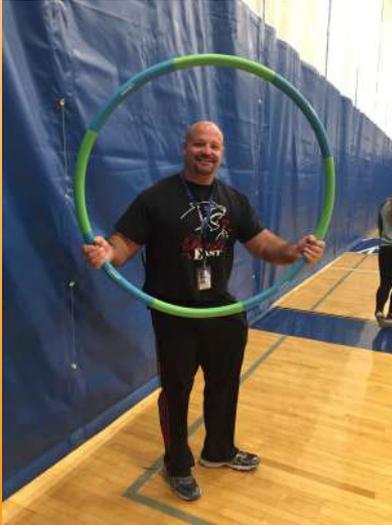
Weighted Fitness Hooping in the Hills!

The WHRSD Staff are having Fun!



Weighted Fitness Hooping in the Hills!

More WHRSD Staff are having Fun!



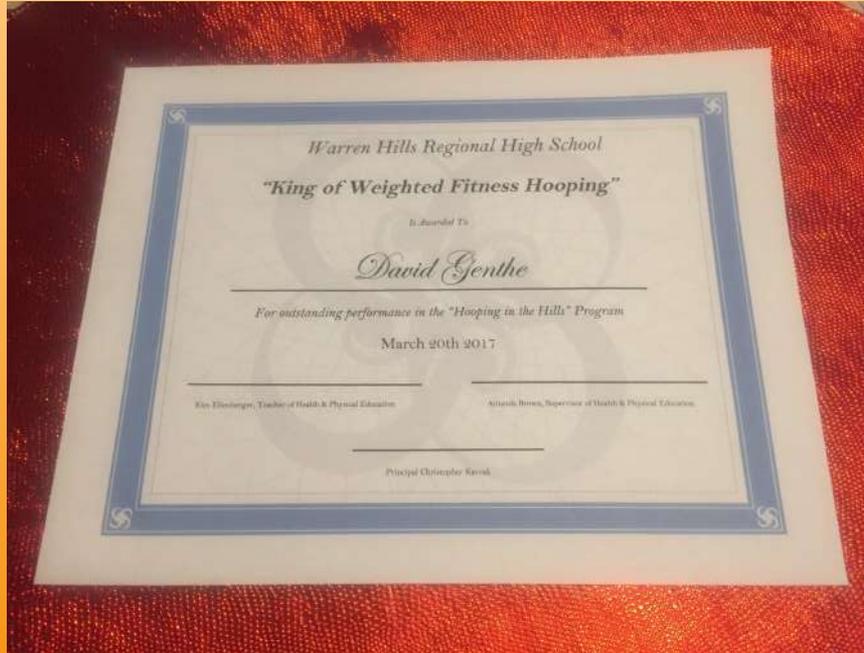
Weighted & Non-Weighted Fitness Hoop Contest

- Each student contest winner had their picture taken with the teacher and the administration in front of the high school.
- Principal Christopher Kavcak, Tweeted the congratulations and good news out on the high school Twitter account.
- The King & Queen from each class received a personalized certificate.

Congratulations to our Weighted and Non-Weighted Fitness Hoop Champions!



Weighted & Non-Weighted Fitness Hoop Contest



Non-Weighted & Weighted Fitness Hooping Records	
Weighted Fitness Hoops:	
David Genthe- 1 hour 17 min. 02 seconds	03/17
Madison Davis- 35 min.	03/17
Non-Weighted Fitness Hoops:	
Federico Cadavid 34 min.	03/17
Morgan Demayo 15 min. 45 seconds	03/17

Hoop Records at Warren Hills Regional High School

Special Teaching Moment!

One male student enjoyed the weighted fitness hoops so much, of course with his teacher's permission he decided to stay for another class period that day in weighted fitness hooping.

“Hoop with your Partner Worksheet”

Evaluator's Name: _____
Partner's Name: _____

“Hoop With Your Partner”

Directions: put a ✓ in the column that answers the question

	YES	NO
1. Did your partner stand in a safe place?		
2. Did your partner stand in the correct position to hoop?		
3. Did your partner slightly bend his/her knees while hooping?		
4. Did your partner make it easy for others to concentrate?		
5. Did your partner keep the hoop around his/her waist?		
6. Did your partner become frustrated with the hoop?		

Hoop Pair Game/Relay

Names: _____ Block: _____
 Total Pts: _____

Physical Education 10th Grade
 "Hoop Pair Game/Relay"



Skill	Points		
	Excellent 5	Satisfactory 3	Incomplete 0
Amount of a Skill or Game			
a.) Physical and/or Competitive Competence			
b.) Rules (Learning)			
c.) Structure & Organization (Diagram of court & player positions)			
Criteria:			
d.) Effort, Participation & Race of the Game			
e.) Good Use of Equipment			
Comments of Fitness			
f.) Use Components of Fitness			
Watching & Playing of the Game (Flexibility)			
g.) Ability to Explain & Monitor Game			
h.) Fun to Play			

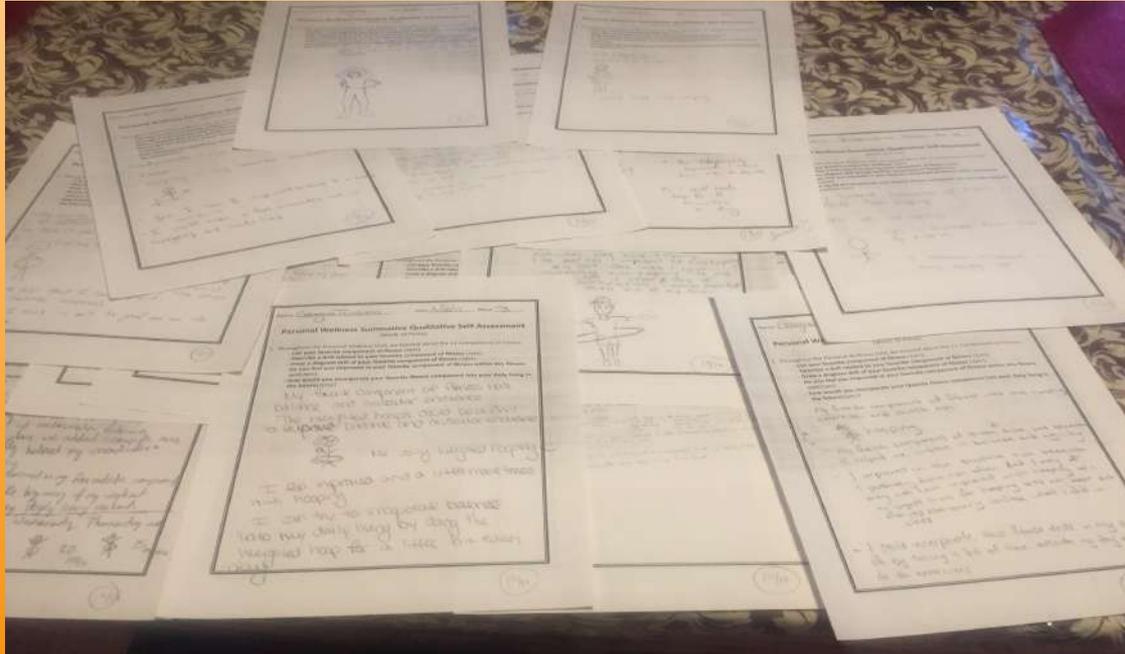
Name of Game: _____ Objective: _____

Draw the Court and Positions

List Rules of the Game

List Fitness Components Utilized	List Equipment Needed

Personal Wellness Summative Qualitative Self-Assessment



Student Testimonials from Personal Wellness Summative Assessment!

“ Hooping is my favorite component.”

“ For muscular endurance, I really liked constantly hooping.”

“ My favorite components of fitness are flexibility and cardio. My favorite drill related to cardio was hula hooping.”

“ I really enjoyed doing abs. One of my favorite drills were the planks and the Hula Hoops because they both work on your abs and lower back.”

“ I definitely improved on my hooping skills. Everytime I see a hoop, I tell people to time me because I can get 5 minutes.”

“ I do feel like I improved with hula hooping this unit. One way I could incorporate hula hooping into my daily life is after a day of work/school, I could hula hoop the stress out of my mind.

“ My favorite component of the wellness unit was the hula hooping portion.”

“ I own a hula hoop at home and I can try to beat my previous records.”

Works Cited

“Do weighted hula hoops provide a good workout, or are they just a gimmick?”

Author: Edward R. Laskowski, M.D.

<http://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/weighted-hula-hoops/faq-20058073>

“ACE-sponsored Research: Hooping-Effective Workout or Child’s Play?”

BY: Joran Holthusen, MS., John Porcari, PH.D., Carl Foster, PH.D., and Scott Doberstein, M.S., with Mark Anders

<https://www.acefitness.org/certifiednewsarticle/1094/ace-sponsored-research-hooping-effective-workout>

“Your Hooping, Hula Hoop & Hoop Dance Headquarters”

Since 2003

<http://www.hooping.org>

“The Health Benefits of Hula Hoops”

By: Linda Melone, CSCS

<http://www.nextavenue.org/the-health-benefits-of-hula-hoops/>

“Hooping For Fitness”

By: Namita Nayyar

<http://www.womenfitness.net/hooping/>

Exercises with hula hoop from Hooptoheal.net

Great arm exercises with weighted hoop

Julite Rees-Evans Feb 2012

<https://www.youtube.com/watch?v=uW0Kufb2moE>

Empower

<http://empowerfitness.com>

Approaches to Physical Education in Schools Article

<https://www.ncbi.nlm.nih.gov/books/NBK201493/>

“2016 Shape of the Nation” Status of Physical Education in the USA Article

http://www.shapeamerica.org/advocacy/son/2016/upload/Shape-of-the-Nation-2016_web.pdf

Hoop Criteria “Rap YouTube Song & Demo”

By: Hoopsmiles

https://docs.google.com/presentation/d/1Bok5m9O43ViL5IWFfHoHZB2nEZ5zKbMZB3AqoLy-8v4/edit#slide=id.g2f9997931c_0_12

Hoop Criteria Steps: Lesson 1!

Lesson 1

I. Introduction (Show 4:32 DVD Empower) Intro

A. Safety

1. Standing Placement/Position
2. Spatial Awareness/ clearance from others (students need to hold hoop outwards and turn in circle to make sure they have enough space.
3. Selection of type of Workout
 - a. Easy (alternating colors)
 - b. Intermediate (double colors alternating)
 - c. Advanced (half of hoop one color and half other color)
4. Beginners start with 10-12 repetitions

Continued Lesson 1 Hoop Criteria!

B. Alignment

1. Engage core muscles (brace the body against the weight of the hoop)
2. Feet flat on the ground staggered
3. Slightly bend knees
4. Cross-Check arms are out of way above head, at chest, etc.
5. Energy checks- students will judge themselves from 1 to 10 within their own fitness level since this is Cardio & More!
 - a. Cardio with the hoop
 - b. Upper body strength with the hoop
6. Evaluating your exertion (Scale 1 to 10)
 - 1 = waking up from a nap (too easy, bed knees and engaging that core more)
 - 10 = all out sprint (put hoop down, take a rest, or use non-weighted hoop) or stand up straighter and swing hoop side to side.Your goal working between 3 and 7

Continued Hoop Criteria Lesson 1!

C. Reminders:

1. Keep shoulders, chest, hips, in alignment, and knees slightly bent.
2. Good control, breathing, feel comfortable & drink water during, before and after the workout! Stay well hydrated!!

D. Warm up: Empower DVD 10:02 minutes

E. Cool Down (5 minutes)

F. SGO's Pre-test of Hooping Around the Waist/Back

G Practice Hooping Around the Waist/Back

H. Closure: Exit Ticket

How do I get better?

**Practice, Practice, Practice
with your students every time you meet!**

Questions or Comments?

Thank you!

Now, let's have some fun and hoop it up!

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