

# **“Hooping in the Hills”**

## ***Implementing Cardiovascular Core Exercises in the Physical Education Curriculum***



**Warren Hills Regional High School**  
Health & Physical Education  
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**(Weighted Fitness Hoop Unit)**

# Weighted 3-in-1 Fitness Core Hoop Block Plan

**3 Week Unit**

**Class meets 3 to 4 times per week for 54 minute classes**

## **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

### **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

## **Lesson 7**

### **VII. Review from Classes 1 -7**

- A. Warm up Video (10 minutes)
- B. Continued Guided Discovery- In pairs, students will utilize weighted fitness hoops to create an Aerobic Hoop Routine.
- C. Continued Planning Phase with partner during class
- D. Continued to Created and practice movement patterns according to the rubric
- E. Approved Appropriate Music & Correct Cardio & Core movement techniques by teacher. (See Rubric)
- D. Closure-Exit Ticket (Divergent Questions)

**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: DVD 10:02 minutes**

1. Hold hoop in your hand upright bend knees & press
2. Hold hips down slightly turn to right, roll hoop back and forth
3. Squat- push your hoop forward, sit back, do not push hoop into floor –just let it guide
4. Roll hoop to other side now Right (chest up, shoulders back)
5. Hold hoop & roll shoulder backwards right, then left.
6. Inhale through nose, then exhale through your mouth
7. Slide hands over middle hoop, pick up slowly over head and switch to overhand grip, then underhand, overhand, underhand
8. Overhand grip, twist (squash the bug) Legs apart. Lift heel of one foot as you twist, now pick one foot up (Balance test).
9. Roll hoop back, place on hips against buttocks, lift slowly back and down (chest & shoulder stretch) Inhale & exhale
10. Pull hoop way back & stretch, tiny little presses,
11. Feet wider apart toes turn out, twist from hip up.
12. Back to center warm up both hips
13. Hold in front for a forward bend, feet together, bend over and stand up (push hips back and knees bent)
14. Drop the hoop, feet apart HORSE Stance

<p>15. Hold Hoop &amp; just circle around without hips touching hoop.</p> <p>16. Figure Eights Right first</p> <p>17. Put your hip next to you by your side, now tap in &amp; tap out</p> <p>18. Left side tap in and out</p> <p>19. Passing underhand behind your back &amp; overhand in front of your body. Keep middle muscles engaged. Stop and go the other way.</p> <p>20. Push &amp; Pull Hoop Now again</p> <p>21. Heel dig in &amp; out of the hoop. Right Foot, Left Foot.</p> <p>22. Put right heel in hoop &amp; stretch.... great hamstring stretch.</p> <p>23. Presses again</p> <p>24. Heel dig left</p> <p>25. Wide stance, press out, roll tube one side then the other side (twisting body &amp; core muscles engaged).</p> <p>26. Corkscrew twist, reach center &amp; down, &amp; back up (come back if you need rest or transition) This will keep your heart rate up</p> <p>27. Walk it out inhale, exhale.</p> <p>28. Tiny presses again.</p> <p>D. Cool Down (5 minutes)</p> <p>E. SGO's Pre-test of Hooping Around the Waist/Back</p> <p>F. Practice Hooping Around the Waist/Back</p> <p>G. Closure: Exit Ticket</p>	
<p><b>Lesson 2</b></p> <p>II. Review from Class 1</p> <p>A. Warm up Video 10 minutes</p> <p>B. Workout 1 (15 minutes)</p> <p>C. Cool Down (5 minutes)</p> <p>D. Practice Hooping Around the Waist/Back</p> <p>E. Closure-Exit Ticket</p>	<p><b>Lesson 8</b></p> <p><b>VII. Review from Classes 1 -7</b></p> <p>A. Warm up Video (10 minutes)</p> <p>B. Guided Discovery- In pairs, students will utilize weighted fitness hoops to create an Aerobic Hoop Routine.</p> <p>C. Planning Phase with partner during class</p> <p>D. Researching &amp; Creating movement patterns according to the rubric</p> <p>E. Researching appropriate music</p> <p>Closure-Exit Ticket</p>

<p><b>Lesson 3</b></p> <p><b>III. Review from Class 2</b></p> <ul style="list-style-type: none"> <li>A. Warm up Video (10 minutes)</li> <li>B. Workout 2 (13 minutes)</li> <li>C. Cool Down (5 minutes)</li> <li>D. Practice Hooping Around the Waist/Back</li> <li>E. Self-Check Style</li> <li>F. Closure- Exit Ticket</li> </ul>	<p><b>Lesson 9</b></p> <p><b>IX. Review from Classes 1 -8</b></p> <ul style="list-style-type: none"> <li>A. Warm up Video (10 minutes)</li> <li>B. Guided Discovery- In pairs, students will utilize weighted fitness hoops to create an Aerobic Hoop Routine.</li> <li>C. Dress Rehearsal Today to practice before next class presentation.</li> <li>D. Closure-Exit Ticket</li> </ul>
<p><b>Lesson 4</b></p> <p><b>IV. Review from Class 3</b></p> <ul style="list-style-type: none"> <li>A. Warm up Video (10 minutes)</li> <li>B. Workout 3 (13 minutes)</li> <li>C. Cool Down (5 minutes)</li> <li>D. Practice Hooping Around the Waist/Back</li> <li>E. Partner Reciprocal Style Worksheet</li> <li>F. Closure- Exit Ticket</li> </ul>	<p><b>Lesson 10</b></p> <p><b>X. Review from Classes 1 -9</b></p> <ul style="list-style-type: none"> <li>A. Presentations Today!!!</li> <li>B. Evaluation by teacher</li> <li>C. Closure- Exit Ticket</li> </ul>
<p><b>Lesson 5</b></p> <p><b>V. Review from Class 4</b></p> <ul style="list-style-type: none"> <li>A. Warm up Video (10 minutes)</li> <li>B. Bonus Workout (11 minutes)</li> <li>C. Cool Down (5 minutes)</li> <li>D. SGO Post Test Hooping Around the Waist/Back</li> <li>E. Closure- Exit Ticket</li> </ul>	<p><b>Lesson 11</b></p> <p><b>XI. Review from Classes 1 -10</b></p> <ul style="list-style-type: none"> <li>A. Continued Presentations Today!!!</li> <li>B. Evaluation by teacher</li> <li>C. Closure- Exit Ticket</li> </ul>
<p><b>Lesson 6</b></p> <p><b>VI. Review from Classes 1 -5</b></p> <ul style="list-style-type: none"> <li>F. Warm up Video (10 minutes)</li> <li>G. Guided Discovery- In pairs, students will utilize weighted fitness hoops to create an Aerobic Hoop Routine.</li> <li>H. Planning Phase with partner during class</li> <li>I. Researching &amp; Creating movement patterns according to the rubric</li> <li>J. Researching appropriate music</li> <li>K. Closure-Exit Ticket</li> </ul>	<p><b>Lesson 12</b></p> <p><b>XII. Review from Classes 1 -11</b></p> <ul style="list-style-type: none"> <li>A. Finish Presentations Today!!!</li> <li>B. Evaluation by teacher</li> <li>C. Closure- Exit Ticket</li> <li>D. If presentations are completed early: <ul style="list-style-type: none"> <li>- <b>Foot Fire Drills</b>-one touch, two touches (similar to ladder drills)</li> <li>- Hopping in hoops for <b>relay races</b> (create teams)</li> <li>- <b>Obstacle course</b> utilizing hoops</li> <li>- Students created their own <b>agility &amp; speed drills or stations</b> with hoops.</li> </ul> </li> </ul>

### Materials Needed:

- Empower Cardio Core & More Hoop Workout DVD/Screen/Laptop/Gymnasium Space
- Enough Weighted Fitness Hoops for each individual
- Reciprocal, Self-Check, Convergent & Divergent Style Worksheets
- Verbal Exit Tickets (Wellness Check with each student)
- Rubric for Culminating Student Pair Project Demonstration

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? _____		

Name \_\_\_\_\_  
Date \_\_\_\_\_

Block: \_\_\_\_\_

## **Cardiovascular Core Fitness Hoop Assessment**

### **I. Record the consecutive number full rotations utilizing Non-Weighted Fitness Hooping.**

Pre-test Non-Weighted Fitness Hoops: \_\_\_\_\_

Trial 2 \_\_\_\_\_

Trial 3 \_\_\_\_\_

Post-test Non-Weighted Fitness Hoops: \_\_\_\_\_

### **II. Record consecutive number of full rotations utilizing Weighted Fitness Hooping.**

Pre-test Weighted Fitness Hoops: \_\_\_\_\_

Trial 2 \_\_\_\_\_

Trial 3 \_\_\_\_\_

Post-test Weighted Fitness Hoops: \_\_\_\_\_

### **III. Record completed time utilizing the Non Weighted Fitness Hoops**

Pre-test The Blue Streak Non-Weighted Fitness Hoop Contest: \_\_\_\_\_

Trial 2 \_\_\_\_\_

Trial 3 \_\_\_\_\_

Post-test The Blue Streak Non- Weighted Fitness Hoop Contest: \_\_\_\_\_

### **IV. Record completed time utilizing the Weighted Fitness Hoops**

Pre-test The Blue Streak Weighted Fitness Hoop Contest: \_\_\_\_\_

Trial 2 \_\_\_\_\_

Trial 3 \_\_\_\_\_

Post-test The Blue Streak Weighted Fitness Hoop Contest: \_\_\_\_\_



## 10<sup>th</sup> Grade Hoop Unit Presentation

Students will be divided into pairs of two for their Hoop Unit Presentation grade. The students will be graded according to the rubric that entails warm-up exercises, low-impact exercises, high-impact exercises, cool-down exercises, and the overall presentation. The pair can choose between option 1 or option 2 below (This Hoop Presentation is mandatory).

### **Option 1 (Live Presentation)**

The pair will perform the Hoop Presentation in front of the class. The pair must select appropriate music and each person must have two parts in leading the class. For example, Tiffany leads the warm-up, Tommy leads the low-impact, Tiffany leads the high-impact, and Tommy leads the cool-down. The pair will be graded according to the rubric.

### **Option 2 (Video Presentation)**

The pair will tape and record their Hoop Presentation on a DVD or Flash Drive. On the DVD or Flash Drive, the pair must select clean appropriate music and each person in the pair must have two parts in leading the class. For example, Tiffany leads the warm-up, Tommy leads the low-impact, Tiffany leads the high-impact, and Tommy leads cool-down.

The pair can present this video to the class, but the pair needs to walk around the room and make sure that the other students are performing the techniques for each stretch/exercise correctly. The pair will be graded according to the rubric.

**Requirements:** Each pair must submit a type version with their names, warm-up, low-impact, high-impact, cool-down exercises, and music the date the presentation will be due. DUE DATE: \_\_\_\_\_

# Hoop Pair Presentation Rubric

(Worth a Total of 7 Points)

<b><i>Instructional Technique</i></b>	<b>2</b>	<b>1</b>	<b>0</b>
<i>Warm-Up</i>	Demonstrated 4 exercises properly	Demonstrated 2 to 3 exercises properly	Demonstrated 1 to zero exercises properly
<i>Low-Impact</i>	Demonstrated 4 exercises properly	Demonstrated 2 to 3 exercises properly	Demonstrated 1 to zero exercises properly
<i>High-Impact</i>	Demonstrated 4 exercises properly	Demonstrated 2 to 3 exercises properly	Demonstrated 1 to zero exercises properly
<i>Cool-Down</i>	Demonstrated 4 exercises properly	Demonstrated 2 to 3 exercises properly	Demonstrated 1 to zero exercises not properly
<b><i>Overall Presentation</i></b>	<b>2</b>	<b>1</b>	<b>0</b>
Adequate Voice Projection	Great/Loud Voice Projection	Medium Voice Projection	Did not project voice
Eye Contact	Continuous Eye Contact	Little Eye Contact	No Eye Contact
Enthusiasm & Energy	Abundance of Enthusiasm & Energy	Some Enthusiasm & Energy	No Enthusiasm & Energy
Clear, Direct Verbal Presentation	Very Clear & Direct Verbal Presentation	Little Direct Verbal Presentation	Not a Clear & Direct Presentation
<b>Total Points</b>			

16 to 15 points = 7 points

14 to 13 points = 6 points

12 to 11 points = 5 points

10 to 9 points = 4 points

8 to 7 points = 3 points

6 to 5 points = 2 points

4 to 3 points = 1 points

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Block \_\_\_\_\_

## **Fitness Hoop Summative Qualitative Self-Assessment**

(Worth 10 points)

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.

- 1. Share your experience with either one or both the non-weighted and weighted fitness hoops (2pts).**
- 2. Did you improve or stay the same in hooping through periodic timed intervals (2pts)?**
- 3. 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)**
- 4. Which hoop were you more successful with through the timed intervals? (2pts)**
- 5. Do you feel more confident with hooping? (2pts)**