

8. Do The Hoop

Hoop, hoop, hoop, gonna do the hoop now

Here's a brand new dance and it's called the hoop
now

If you've ever tied your shoes you could call it a
loop now

Just find you a hoop, put it on the floor
When you finish this dance you'll be back for more

Walk like an Egyptian around the outside
Now walk the same way but do it on the inside
Pick up that hoop, put it over your head
Twist that hoop, that's what I said

Well, we're gonna do the hoop
Cause it's so much fun now
We're gonna do the hoop
Cause it's number one now

We're gonna do the hoop
Cause it's so much fun now
We're gonna do the hoop
Cause it's number one now
Come on along and do the hoop with me

Bring the hoop to your waist now and twist and
shout

Keep holding that hoop as you dance about
Now let that hoop drop down to the floor
And freeze! Before we do some more

Can you balance on that hoop while you walk
around

Now pick that hoop up off of the ground

Now one last time put it over your head

Twist that hoop, that's what I said

Chorus

Purpose: To coordinate movements of the body
with a hula hoop.

Concepts: Spatial vocabulary (On, Around,
Outside, Inside, Over, Down), Balance,
Practicing gross motor movements.

Setting: Large or small group.

Materials: Hula hoops (one for each child), or
rope tied to make a circle.

Activities:

1. Give each child a hoop and let them move
freely with it.
2. Practice giving directions and letting
children do the appropriate movements.
3. Let the children follow directions during
the song.
4. Let children share other ways to move with
the hoop during the song.

To walk like an Egyptian, you should be in a
crouched walking position. Start off with your
right arm bent up at a 90 degree angle in front
of you and your left arm bent down at a 90
degree angle behind you. Step with your left foot
first. When you step with your right, your arms
should be reversed: Left arm bent up and in front
of you, right arm bent down and behind you.
Everytime you step, the position of your arms
should change.