

HULAPALOOZA

UMCAbundantHealth.org



HULA-HOOP HOPSCOTCH

CUSTOMIZE YOUR COURSE AND GET READY TO JUMP!

1.

With several hula-hoops, you can build your own hopscotch course.



2.

Each player jumps from one hoop to the next.

If she/he misses the hoop, or lands with a foot on the hoop, that player loses a turn.

Do this for three rounds.



4.



Here comes the twist:
For the next round, space the hoops farther apart so the players must leap from one hoop to the next.



For later rounds, change the shape of the course and add even more space between the hoops. Using your imagination makes the game more fun!