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**Pre Show HOOPLA! Lesson Plan 1: Learn about Hula Hoops**

**Grade Level:** 3-6 (Note: this lesson can take place all at once, or in several class periods to help introduce students to the background of hula hoops to help prepare them for the show)

**Student Learning Objective(s):** Students will explore how to make a hula hoop, gain knowledge into the history of hula hooping, and get on their feet to warm up their bodies to hula hoop! Students will choreograph their own hoop routine.

**Supplies/Resources Needed:**

* A journal or paper/pen or pencil for taking notes
* Ideally one hula hoop per student, or a few hula hoops to share among students. This lesson can be completed without hula hoops if need be and students can pantomime their hoops.
* Computer with projector connected to internet to play videos.
* Room for students to move with hula hoops around them.

[**California Arts Standards Addressed**](https://www.cde.ca.gov/be/st/ss/documents/caartsstandards.pdf)**:**

3.DA:RE7: a. Find a movement pattern that creates a movement phrase in a dance work.

3.DA:CR2: a. Identify and experiment with choreographic devices to create simple movement patterns and dance structures.

[**Common Core Standards Addressed:**](http://www.corestandards.org/)

[CCSS.ELA-Literacy.RI.3.1](http://www.corestandards.org/ELA-Literacy/RI/3/1/)

Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.

**Step by Step Directions for Lesson Plan for Teacher:**

**Activator:**

* Say to the students:  **“**La Jolla Playhouse is coming to our school with their POP TOUR soon! POP TOUR stands for Performance Outreach Project, where they bring an original play to elementary and middle schools all over San Diego County. This year’s play is called HOOPLA! and this play is about three 5th grade students who enter their school’s talent competition with a hula hooping routine. Today we are going to explore about hula hoops: their history, how to make a hula hoop, how to warm up our body to hula hoop, and how to hula hoop! You and a group will choreograph a small piece of HOOP-OGRAPHY for the class!”
* Start a conversation with your class engaging them on the following topics:
  + How many of you have tried hula hooping before? How many feel like they are excellent at hula hooping? How many would like to know more about hula hooping?”
  + How long do you think that hula hooping has been around in our history? Who do you think created hula hoops?
  + For this next part of the discussion, you will use the information and videos linked on our [HISTORY OF THE HOOP](https://www.pop-tour-lajollaplayhouse-2022.com/_files/ugd/8afc48_ef65875b084f4e47b13ef5de9926db2c.pdf) document.
* Share with the students:
  + Native Americans have long used hoops in their traditional storytelling, dances, and ceremonies.
  + “The hoop is symbolic of '**'the never-ending circle of life**.'' It has no beginning and no end. Many tribal groups across North America used the hoop in traditional healing ceremonies, and the hoop's significance enhances the embodiment of healing ceremonies. Tribal healers and holy men have long regarded the hoop as sacred and many have used it in their ceremonies. Visions and ailments were seen through some of these hoops by tribal holy men and women. Many tribes lay claim to the Hoop Dance. It wasn't until the 1930s that a young man named Tony White Cloud, Jemez Pueblo, played an instrumental role in its evolution and began using multiple hoops in a stylized version as ''founder of the modern Hoop Dance.''
  + Dennis W. Zotigh, [https://indiancountrytoday.com/archive/history-of-the-modern-hoop-dance](http://www.indiancountrytoday.com)
  + Using the [HISTORY OF THE HOOP](https://www.pop-tour-lajollaplayhouse-2022.com/_files/ugd/8afc48_ef65875b084f4e47b13ef5de9926db2c.pdf) handout, select and play for your students any number of the linked EXHIBITION VIDEOS to gain understanding of Native American hooping. While they are observing, have them take notes on their paper as to what they are observing, and have them share their observations with the class.
* Next, share with the students the following information:
  + “The hula hoop has been around for a long, long time. The Greeks used hula hoops as a form of exercise to tone their abdominal muscles. Around 1300, “hooping" was introduced in Great Britain.
  + “In the 1800s, British sailors first witnessed hula dancing in the Hawaiian Islands. The sailors noticed that the body movements of hula dancing and hooping looked quite similar, and the name “hula hoop" was born.”
  + “The hula hoop has undergone many changes, improvements, and modifications over the years. Hula hoops were not always made of plastic. Older hoops were made from various materials, including metal, bamboo, wood, grass, and sometimes even vines.”
  + “While they may not be the inventors of the hula hoop, Richard Knerr and Arthur “Spud" Melin of the Wham-O company hold the trademark on the name “Hula Hoop." In 1958, Wham-O began manufacturing the toy out of plastic tubing. Wham-O sold 25 million hula hoops in the first four months at a price of $1.98 each.”
    - [National Center for Family Learning,](https://wonderopolis.org/wonder/who-invented-the-hula-hoop#:~:text=Around%201300%2C%20%E2%80%9Chooping%22%20was,%E2%80%9Chula%20hoop%22%20was%20born) [www.wonderopolis.org](http://www.wonderopolis.org)
  + Using the [HISTORY OF THE HOOP](https://www.pop-tour-lajollaplayhouse-2022.com/_files/ugd/8afc48_ef65875b084f4e47b13ef5de9926db2c.pdf) handout, select and play for your students any number of the linked HOOPING VIDEOS to gain understanding of different ways that hula hoops can be used in performance. While they are observing, have them take notes on their paper as to what they are observing, and have them share their observations with the class–what is something new they saw, or what surprised them.

**Presentation:**

* Share with the class: “Now we are going to learn more about how to make a hula hoop from the HOOPLA! Hula Hoop Consultant, Valentina Orbit, then we will get on our feet to practice some hula hooping.
* Visit our HOOPLA! Website under Lesson Plans + Connections, Hula Hooping History and Fun where you find the next three videos you will share:
  + [Hoop Making:](https://www.pop-tour-lajollaplayhouse-2022.com/video-lessons) Have the students watch this six minute video with Valentina while she describes how to make a hula hoop from scratch. These are the same hula hoops that the actors will be using in the performance. While students watch, have them write two two new things they learned. Following the video, students will pair/share their ideas and then share with the class.
  + [Warm Up:](https://www.pop-tour-lajollaplayhouse-2022.com/video-lessons) Each student will need their own space in the classroom to be able to move and stretch. If you have a class set of hula hoops, each student can use a hula hoop for the warm ups, or they can pretend to use one. Have students participate in the warm ups with Valentina.
  + [How to Hoop:](https://www.pop-tour-lajollaplayhouse-2022.com/video-lessons) Each student will need their own space in the classroom to be able to move and stretch. If you have a class set of hula hoops, each student can use a hula hoop for the warm ups, or they can pretend to use one. Have students participate in the how to hoop video with Valentina.

**Action:**

* Divide your class intro trios of students. Let them know that our trip in HOOPLA—Eliott, Gina, and Winston—create a talent show routine that helped to demonstrate their own personal strengths. For example, not as good at using the hoop on your waist? Try it on your arm!
* Directions for students: Using the following 32 seconds of music, you and your trio will use your hula hoops (or pretend hula hoops!) to become HOOP-OGRAPHERS (hoop chorographers: if students do not know what a choreographer is, help explain that they are the person who creates and teaches dance or movement in a musical or dance production). You can use the hoops in anway you see fit based on the ideas in the videos you have seen today as long as you are:
  + Safe in all of your movements
  + Sharing of ideas so all members of your trio have input
* Play the first 31 seconds of this [HULA HOOP DISCO SOUNDTRACK](https://www.youtube.com/watch?v=nwd50y3VItE) that they will all use as background music. It is 4 counts of 8.
* Students will work in their groups to design their choreography with the instructor playing the music at times so they can practice to the music.
* Teacher can determine how much time that the groups will need to work, and once they have completed, bring students together to form an audience and perform for each other.
* After each group presents, have a few students share what they loved about their peers performance by “throwing stars” their way—students will pantomime throwing stars.

**Closure:**

* Ask the students to identify 3 new things they learned today and write them down in their journals.
* Have the students make a prediction in their journal: “How do you think hula hooping will be used in the POP TOUR: Hoopla!”
* Have a few students share out their ideas with the class.

(Teachers! If you have a few examples of the HOOP-OGRAPHY we would love to see them! Please email to [learningandengagement@ljp.org](mailto:learningandengagement@ljp.org))