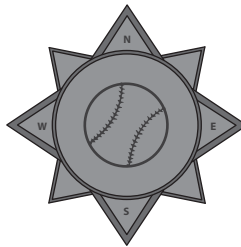


USING A HULA-HOOP

Hula-hooping is a whole lot of fun. But I have to admit, it's not at all easy with my shaggy fur coat and tail that constantly gets in the way. I think you'll be able to do a whole lot better than me. When you can do this, you'll be able to have fun challenging your friends.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Practice with a hoop and try to get ten spins in a row. Some of you will find it easier than others. I bet every one of you will be able to get it going a bit. It just takes practice. It's one of those things that you just have to learn the knack. After that, you never forget how.

LEVEL C**TASK 3**

- First of all, get yourself a Hula-Hoop and get into some good hula-hooping clothes. Baggy clothes tend to make it a little harder.
- There are lots of sizes of Hula-Hoops. You want to choose one that comes at least to your waist when you stand it up in front of you.
- Now, step inside the Hula-Hoop and bring it up to your waist.
- Now with the hoop touching one side of your body, fling it around your body. Here's the real trick, you need to move your waist in a circular motion the same direction as the hoop. Your timing has to be just right. When you get it right, the hoop will stay up and carry on moving at the same speed.

As you try this, don't get discouraged. It can take a while to get used to it. If you need a laugh, ask your parents to show you how it is done.

