

How to make a hula hoop

Materials & tools:

For each hula hoop, you will need the following:



Poly-pipe:

These instructions refer to the use of 20mm metric (blue-stripe) poly-pipe. You can make hoops with any other size of poly-pipe, you just need to make sure the wooden dowel fits snugly inside the poly-pipe.



Wooden dowel:

16mm wooden dowel fits snugly inside 20mm poly-pipe. You'll need 1 x 60mm length of dowel per hula hoop.



Electrical tape



8 tacks: 12mm x 1.6mm



Hammer



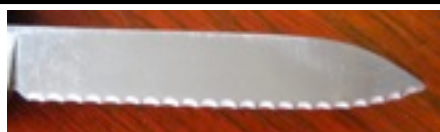
Scissors



Pen



Saw



Sharp knife

Method:

What size hoop do you want to make?

The size of your hoop is set by how much poly-pipe you use.

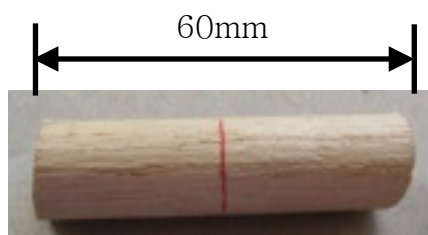
As a guide:

- Adult = large hoop = 2900mm
- In-between = medium hoop = 2600mm
- Child = small hoop = 2300mm



Step 1: Use the sharp knife to cut the poly-pipe to your desired size.

Step 2.



Use the wood saw to cut the wood dowel to a length of 60mm, and then mark the middle with pen.

Step 3:



Lay the pipe on its side and push the wood dowel inside, up to the middle mark.

Step 4:



Press one of the tacks into the poly-pipe near the end, to hold it ready for the next step.

Step 5:



Carefully hammer the tack all the way in.

Step 6.



Repeat Step 4 and 5 for a second tack, securing it close to the first tack.

Note: Make sure both tacks securely go into the wood dowel

Step 7:



Fit the other end of the poly-pipe onto the wood dowel to complete the hoop.

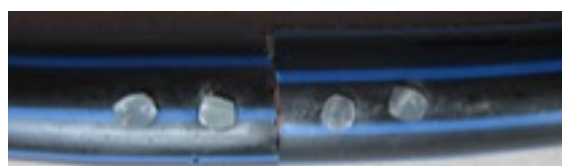
Step 8:



Repeat Steps 4 to 6 to secure the other end of the poly-pipe to the wood dowel with 2 tacks.

Step 9:

Turn the hoop over and repeat Steps 4 to 8 to secure 4 more tacks into the wood dowel.



Step 10: Check all 8 tacks and use the hammer again to correct any that are sticking out or have sharp edges.

Step 11: Cover all 8 tacks with a few wraps of electrical tape.



Nice work! You've made your hoop, now it's time to get creative and decorate it!

Decorating your hula hoop:

There are a number of ways you can decorate your hoop:

- Stripes
- Spirals
- Blocks of colour
- All of the above!

Be creative!!



Here is how you decorate your hoop with spirals:

Step 1:



Cover the whole hoop with one base colour. For this example we are making the base colour black.

Step 2:



Wrap a second colour (red) diagonally over the top of the base colour to create a spiral 'candy stripes' effect.

Step 3:

Once your hoop is completely covered with tape in whichever design you have chosen, the hoop is finished!!

Step 4: Celebrate!!

