

# Storytime 5-17-2021

## Celebrate May! - National Physical Fitness and Sports Month

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active.

Hula hooping and jump roping are fun activities to get you moving.



### How did the hula hoop get its name?

*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.*

### Who invented the hula hoop?

*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.*

### What kind of materials have hula hoops been made from?

*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. By the end of their second year of sales, Wham-O had sold more than 100 million hula hoops. They continue to be one of the most successful manufacturers of modern hula hoops.*

*Hula hooping can be a great cardiovascular exercise, burning up to 200 calories per 30 minutes of use. Hula hoops purchased at a store can be too big, too small, or too light for your personal preference.*

**MAKE YOUR OWN!** - Just purchase some tubing and a connector at your local hardware store. Add your favorite duct or electrical tape and you have an awesome hula hoop!



PVC tubing comes in many sizes



Coupling Plastic Coil



Duct Tape



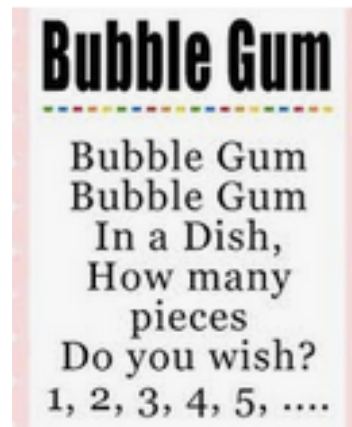
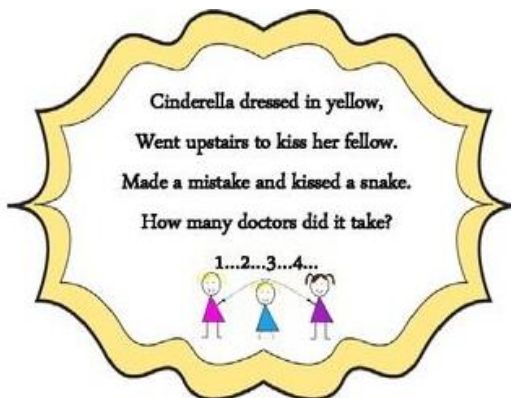
Electrical Tape

# Jump Rope - FUN!

Whether alone or in a group, jumping rope challenges both coordination and stamina. It's also a unique part of our cultural heritage. Historically it was first a game primarily for boys. Males usually did not use rhymes. Instead, they spent their time on trick jumps: crossovers, double jumping, and peppers.

Migration of Americans from farms to towns and cities led to girls taking over this unique pastime of jump roping. One theory for this is that girls now had more time to play than they had back on the farm and more friends to play with. On smooth city streets they put together dozens of games and hundreds of rhymes that make up modern jump rope lore.

Jumping rope to rhymes and songs will encourage little ones to exercise, play, build physical and mental strength and bolster their creative thinking.



## Cinderella

Cinderella, dressed in yella, went upstairs to kiss a fella. Made a mistake and kissed a SNAKE! How many doctors did it take?



Have fun with these jump rope rhymes that are sure to bring hours of fun and laughter.

