

### **WC 6.4.20 – Hoop Activities for Early Years and Key Stage 1**

For this week we have attached some activities for the children to try at home that involve a hoop. If you don't have a hoop at home, then please don't worry as there are 20 activities included and for many of them you can get away with drawing or making hoops on the floor.

Some ideas for making hoops:

- Lay some string / skipping rope on the floor in the shape of a large hoop.
- Draw a hoop on the floor outside with some chalk.
- Make a hoop on the floor using strips of paper / small books.
- Use cushions on the floor instead of a hoop – especially if you have a large cushion.
- Use 2 jumpers rolled up and laid out to make a hoop on the floor.

It is up to you how many of the activities your child completes.

Like last week you could choose several activities and set up a circuit around the garden / house for the children to work around.

Family Challenge – can you get the whole family involved? You could split into teams and compete against each other or compete individually against each other recording your scores as you go – some involve you working with / against others.

Create your own. Give the student a blank card – can they create their own activity and get members of their family to complete it. Again, this can be done in teams, so you have to complete the other team's card or individually.

For some you will need something to throw – the activities suggest a beanbag but if you don't have one you can use any ball and as long as it bounces in the hoop it counts or even some balled up socks will do.

Have fun and look after yourselves.

Jenny & Abi