

The Classic Spin

Equipment: A hoop

Individual Activity

Can you get the hoop to spin around your waist? You may find you can spin a larger hoop more easily than a smaller one. Once you get the hang of it, try to do other tricks:

walk and spin

shift the hoop up to your neck
and back down

spin a hoop on your outstretched arm

spin two hoops on your
outstretched arms

stand on one leg while spinning



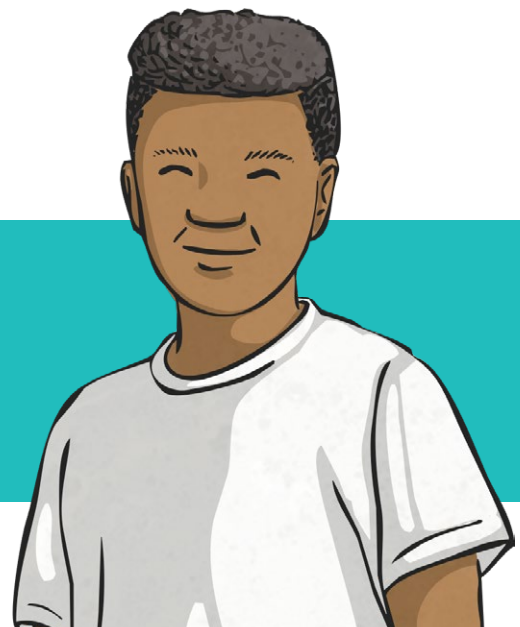
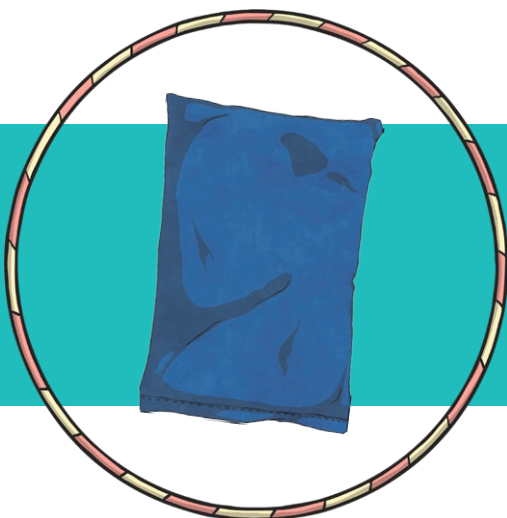
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Hoop Targets

Equipment: Hoops, beanbag

Individual Activity

Lay out some hoops on the ground, with each one a little further away from a throwing line than the one before. Try to get your beanbag into the first hoop. When successful, you can move onto the second hoop and so on. Score points for varying distances away from the throwing line.



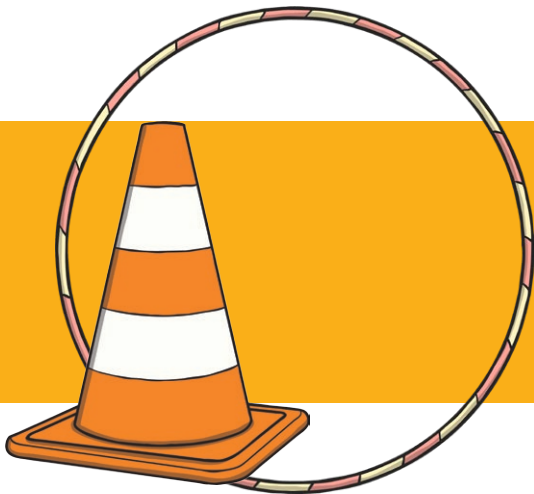
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Roll Along

Equipment: A hoop

Individual Activity

Roll an upright hoop along the ground with your hand. How far can you go without the hoop falling down? Find a straight line on the playground, (or draw a chalk line) and try to follow it with the hoop. Add obstacles such as cones to slalom the hoop around.



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Inside Out

Equipment: A hoop

Individual Activity

Put your hands inside the hoop and keep them in the same position, whilst your feet move around the outside of the hoop.

Put your feet inside the hoop and keep them in the same position, whilst your hands move around the outside of the hoop.

Put one foot inside the hoop and one outside it, which you must move around the hoop. Try moving in a forwards direction and then backwards.



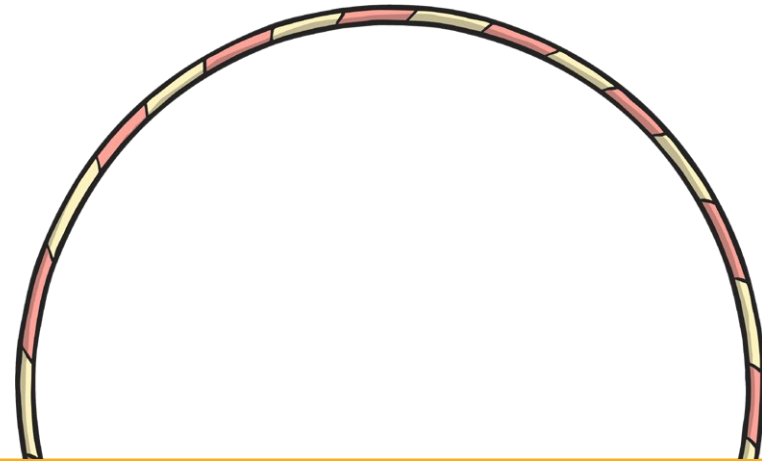
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Hoop Jump

Equipment: A hoop

Individual Activity

Use the hoop just like a skipping rope, holding it vertically in front of your body and then flipping it down toward your feet, jumping over it and bringing it back behind your body and over your head. Try skipping both on the spot and moving around.



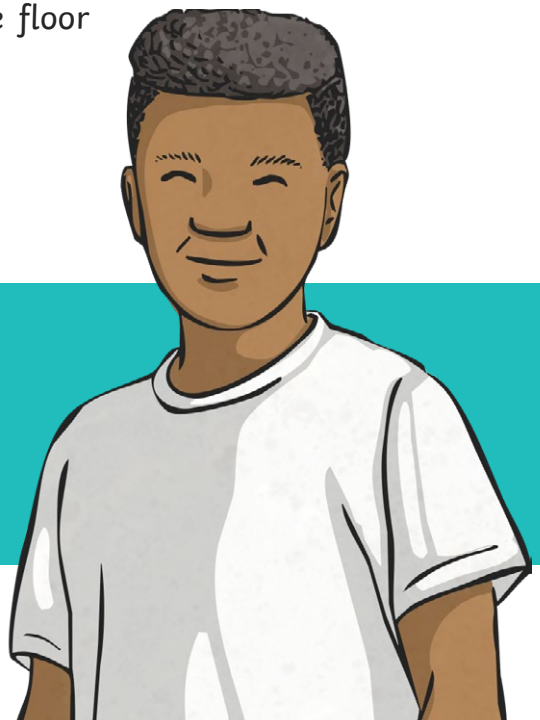
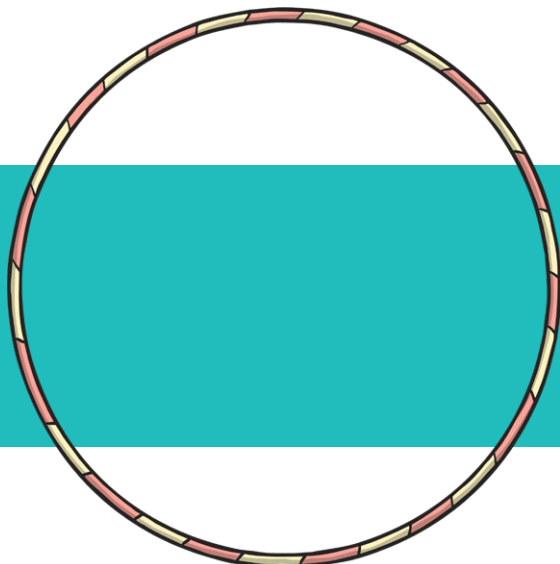
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Individual Hoop Work

Equipment: A hoop

Individual Activity

Swing a hoop around your arm or leg; spin it on the floor until it stops; throw it in the air and try to catch it.



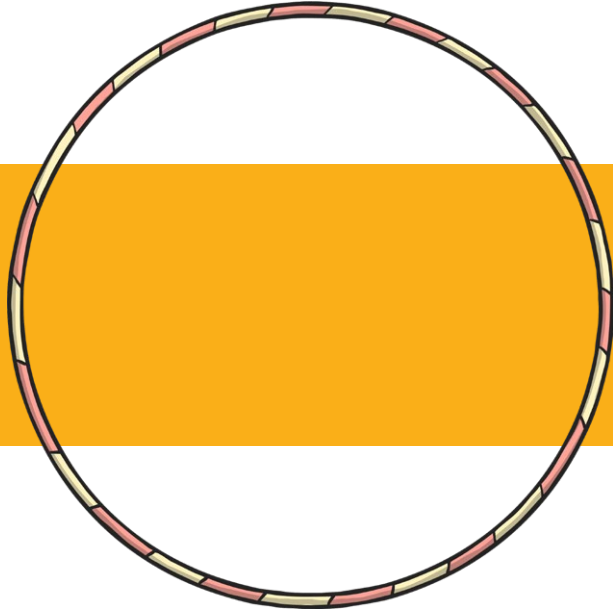
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Walk the Dog

Equipment: A hoop

Individual Activity

Roll the hoop away and make it come back to you.



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Frog Jumps

Equipment: A hoop

Individual Activity

Pretend the hoops are lily pads and frog jump around the pond without touching the edges of the hoop.

A frog jump - from a crouching position, both the hands and feet leave the ground at the same time and move forwards.



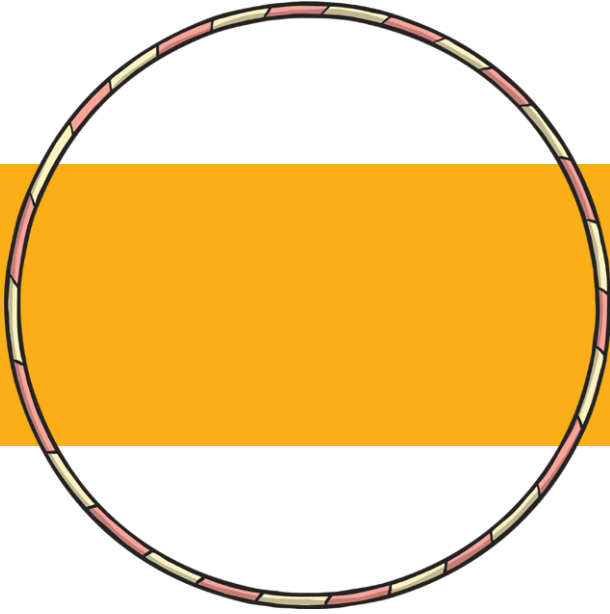
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Walk the Dog

Equipment: One hoop between two

Paired Activity

Roll or throw the hoop to each other.



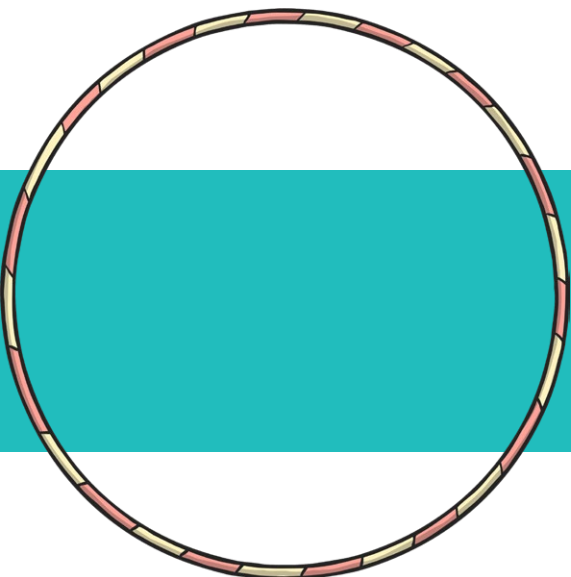
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Hoop Races

Equipment: A hoop each

Paired Activity

Spin your hoops at the same time on the floor and see whose hoop stays up the longest. Roll your hoop away from you at the same time and see whose travels the furthest.



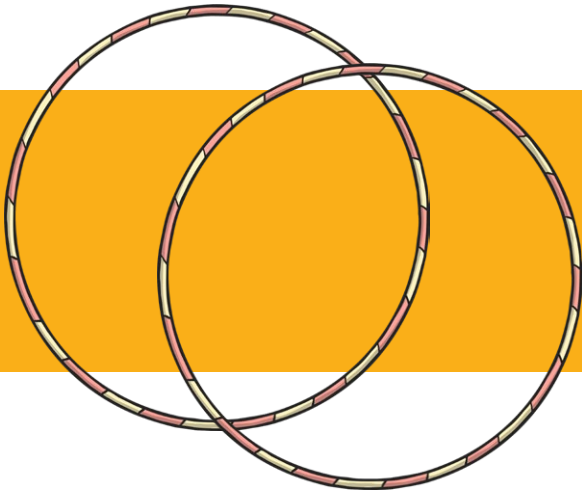
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Hoop-Scotch

Equipment: Numerous hoops per pair

Paired Activity

Play a simple game of hopscotch using hoops instead of squares. The hoops could be set out in any way and a beanbag can be used to throw (instead of stones).



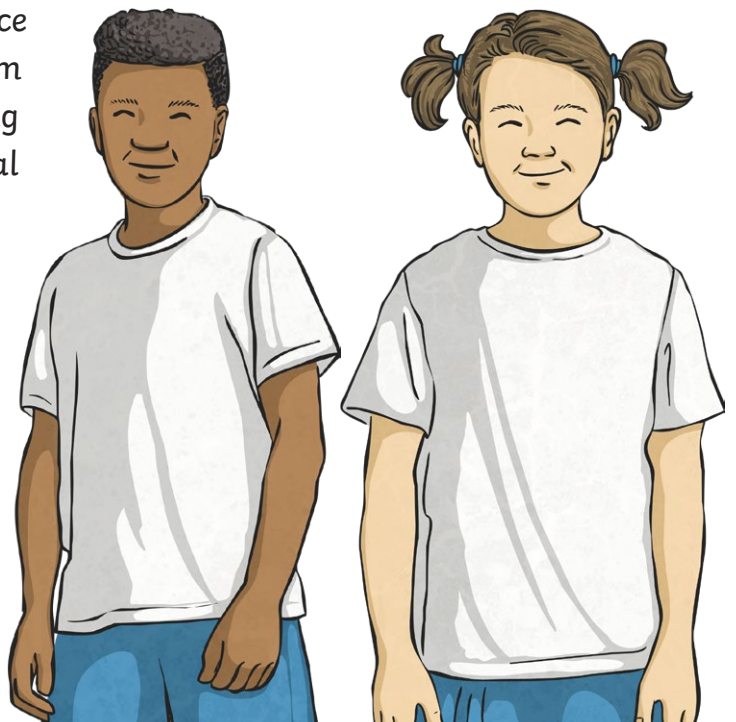
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Hoop Guard

Equipment: A hoop and a beanbag each

Paired Activity

You will need a hoop and a beanbag each. Place the hoops approximately 3 metres away from each other (this distance can vary depending on the age and skill of the children). The goal is to throw your beanbag into your opponent's hoop whilst trying to keep their beanbag out of your own hoop. You can use your hands, feet, or any other part of your body to deflect the incoming beanbag.



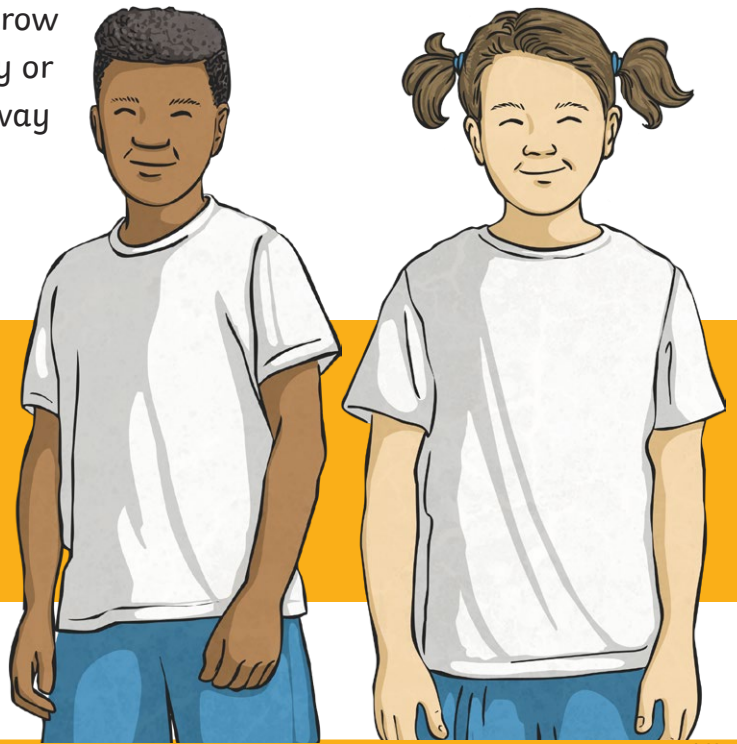
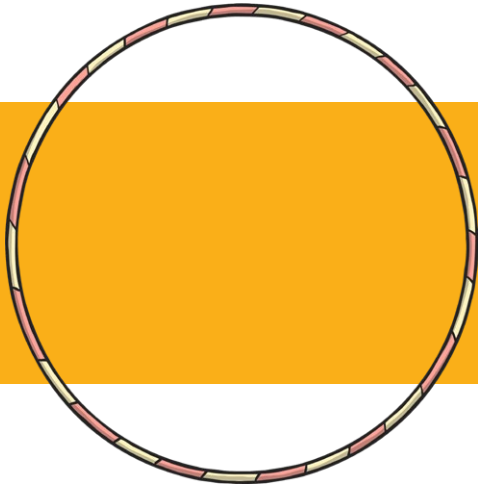
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Hoop Routines

Equipment: A hoop each

Paired Activity

Create a hoop routine. You can roll, spin or throw and catch the hoop. You can work in symmetry or unison. You can use the hoop in any which way you like to create a hoop masterpiece!



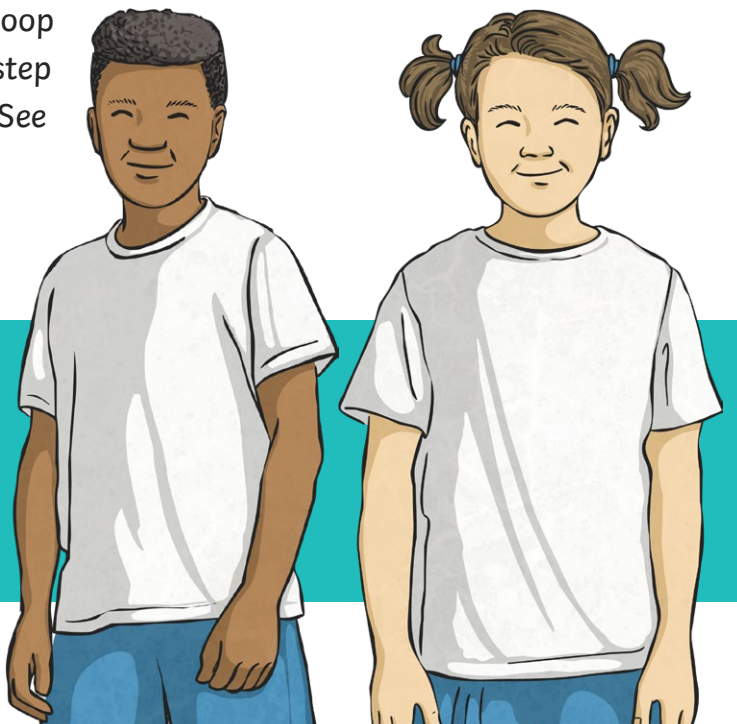
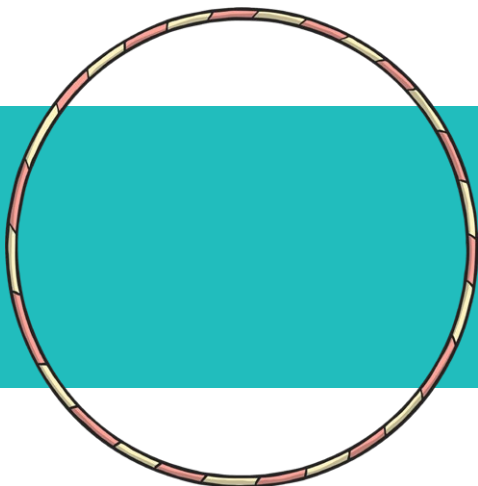
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Step Back

Equipment: One hoop between two

Paired Activity

Stand approximately 3m apart and roll the hoop to one another. If you catch it, you take a step back. If you miss, you take a step forward. See how far apart you can get.



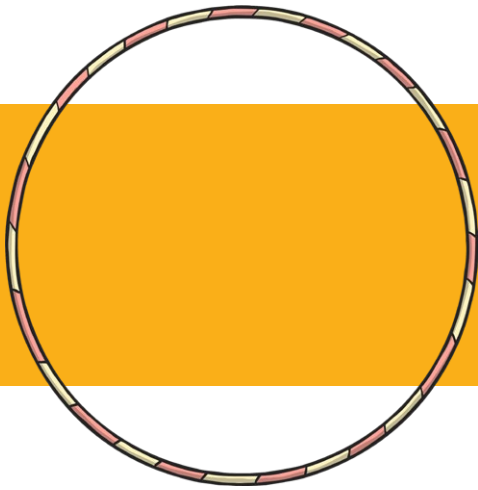
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Chase the Hoop

Equipment: One hoop between two

Paired Activity

One rolls a hoop along the ground as far as they can and the other has to run after it and catch it before it stops rolling and falls to the ground.



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Pass the Hoop

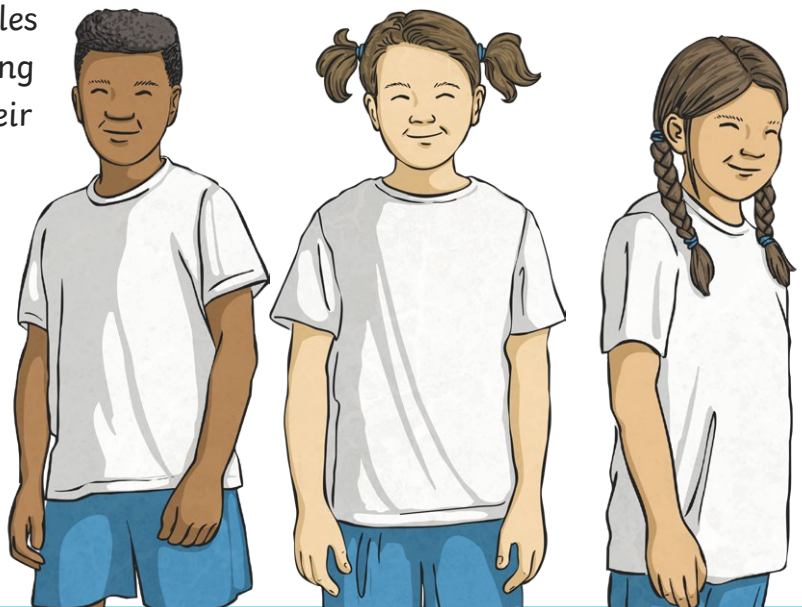
Equipment: Two hoops per group

Group Activity

Everyone stands in a circle holding hands, with a hoop on one of the children's arms. Move the hoop around the circle without letting go of one another's hands.

Two hoops could be used or two circles could be made with each circle racing each other to get a hoop around their own circle first.

Alternatively, the children must pass the hoop down the line without letting go of one another's hands.



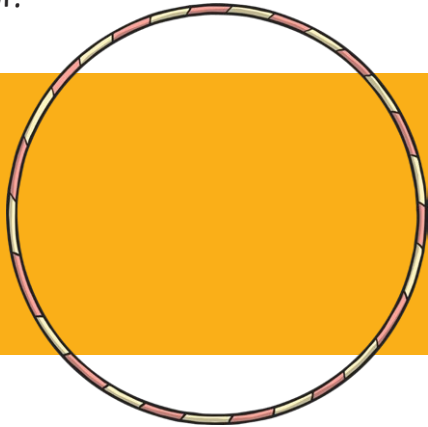
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Up, Down, Under, Over

Equipment: One hoop per group of 3 or 4

Group Activity

Three or four children stand inside a large hoop, holding it up at waist level without using your hands. The challenge is to lift the hoop up to your necks or down to your ankles — hands-free. Or, see if you can get the whole group from inside the hoop to outside, without grabbing the hoop or letting it touch the floor.



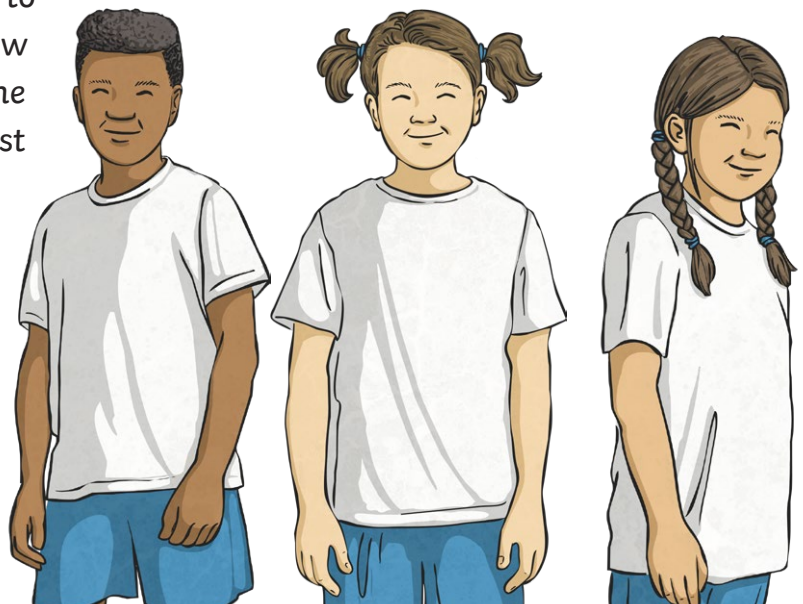
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Stepping Hoop Relay

Equipment: One hoop per person plus an additional hoop

Group Activity

Each team will need a hoop per person plus one extra. On the command 'GO!', the first person puts a hoop on the ground in front of them and steps into it. The second person must then give them another hoop to put down at the front. That person now steps forward into the new hoop and the second person in line steps into the first hoop. This continues until all are in hoops and the spare hoop is passed down through the team to the front of the line and placed on the ground so all can jump forward one hoop. You must use these stepping stones to reach the destination.



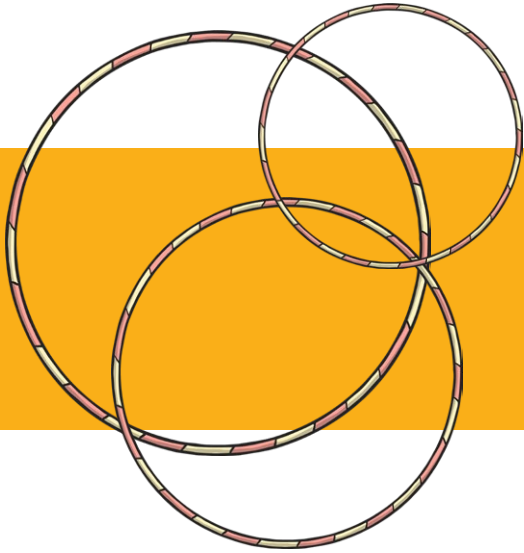
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All Aboard

Equipment: Hoops of varying sizes per group

Group Activity

All team members must get inside the hoop with no hands or feet touching outside the hoop. Use varying sizes of hoops according to the group size or to make it more challenging.



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Helium Hoop

Equipment: A hoop per group

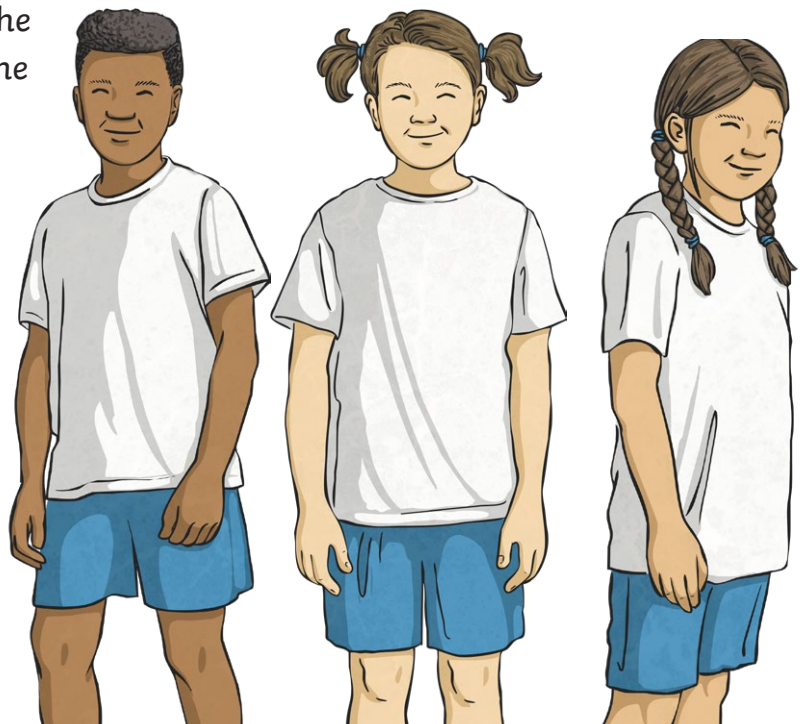
Group Activity

The aim of this exercise is to lower the hoop to the ground, making sure the following rules are followed:

You may only use your forefingers to touch the hoop.

Both forefingers must be touching the hoop at all times.

This game requires communication and teamwork!



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