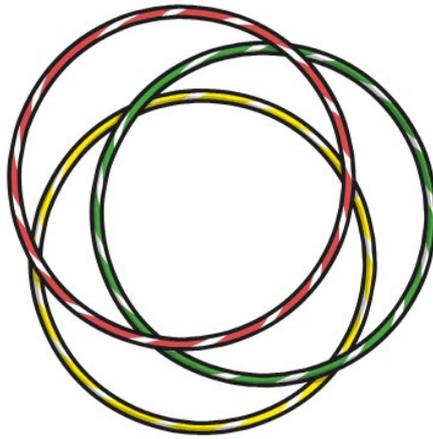


# Hoop Activities



The child must jump forwards with both feet together, in and out of several hoops. Repeat the activity but jumping backwards.

Side step in and out of several hoops stepping with their right leg first. Then repeat the activity but stepping with their left leg first.

Hop on their left leg in and out of several hoops keeping a steady rhythm. Repeat the activity but starting with their right leg.

From a standing position, step forwards through the hoop and bring it up and over the rest of the body. Repeat this action several times.

From a standing position, step backwards through the hoop and bring it up and over the rest of the body. Repeat this action several times.

Whilst walking, step forwards through the hoop and bring it up and over the rest of the body. Keep a steady pace until you reach the bottom of the hall.

Whilst walking, step backwards through the hoop and bring it up and over the rest of the body. Keep a steady pace until you reach the bottom of the hall. Take extreme care when doing this activity.

Whilst walking forwards, rotate the hoop backwards and step through, bringing the hoop up and over the rest of the body. Keep a steady pace at all times. Always make sure that the hoops are set out at angles and not in a straight line.