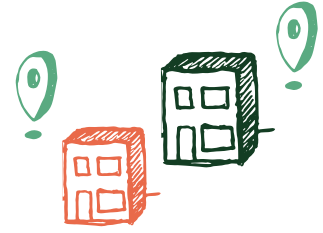




# HOOP OVER HEAD

A-Z

How many hoops can you do?



## HOW TO PLAY GET HOOPING!

- > Stand in one place
- > Place your hoop on the floor
- > Step into the middle of your hoop
- > Then grab it on both sides
- > Pass it backwards and up over your head and back onto the floor in front of you
- > This is your first hoop over head!
- > Can you do this 15 times?

**SUITABLE FOR:** All ages

**TAKES:** 20-30 minutes



### YOU WILL NEED:

- > Floor space
- > Hoop or something round you can jump into



### SAFETY...

As with any activity consider the space e.g. may need to move tables and chairs



### REMEMBER

This is a family activity – you could all try this activity and see who can do the most hooping!



### Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



### CHALLENGE!

Try doing even more hoops – can you do 20?



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