



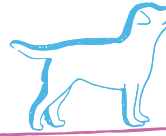
HOOPS

Can you do all of the activities?



HOW TO PLAY

HOOPS



- > Twirl on left arm x 5
- > Twirl on right arm x 5
- > Drop hoop on the floor then Jump in the hoop then Lift the hoop over body and hold in the air and shout **JOIN US MOVE PLAY!**

SUITABLE FOR: All ages

TAKES: 20-40 minutes



YOU WILL NEED:

- > A hoop

REMEMBER

This is an activity everyone can get involved in!



SAFETY...

Be sure to find a suitable and safe place to play like your street or in the park



Why not try?

- > **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 #Bringbackoutdoorplay



ju=MP FUN DAYS