Hoop Play

![MPj04331790000[1]]()

**intent:**

This activity illustrates how hoop play can develop and integrate perceptual-motor skills and movement concepts into active physical play for young children.

**OUTCOMES:**

Participants engage in a variety of integrated hoop activities that demonstrate perceptual-motor skills and movement skills they can share with teachers, young children, and families. In small groups, they discuss environment supports and teaching strategies to promote the development of perceptual-motor skills and movement concepts for English learners and children with special needs.

![MCBS00539A0000[1]]()**Materials Required:**

* ![MCj04326020000[1]]()Hoops, 1/participant
* Music player and song (trainer’s choice)
* Open space where participants can move safely
* Optional: whistle

**Time:** Depending on time availability, the trainer may choose a few or all of the hoop activities listed below.

![MPj04384510000[1]]()**Process:**

1. Spread out hoops in the open space. Cue music.

2. Invite participants to stand in one hoop. Make sure ample space is

 available so everyone has room to move.

3. After activity, prompt participants to discuss in small groups

 questions found in the Post Activity Discussion section.

**HOOP ACTIVITIES:**

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| **Hoop Exploration** Encourage participants to explore with their hoop for 30-60 seconds. When playing with a new prop, children are naturally curious and they listen better after they explore. |
| **Hoop Movement Concepts** Put the hoop **in front of/behind/beside** your body, **under** a body part, **between** two body parts, **near** your body, **above** your body.Can your body go **through** the hoop?Balance the hoop **on**: palm of hand, back of hand, arm, shoulder, knee, foot, etc.Balance on one foot **inside** of hoop (hoop is on the ground). Gallop **around** your hoop.Skip **quickly** to touch another hoop that is the same color as your hoop and then return to your hoop.Begin standing in the hoop, jump out when the whistle blows (or hand clap), jump in on the next whistle. Keep repeating; add faster whistle cues or two whistle cues in a row. This activity will increase everyone’s heart rate quickly! |
| **Musical Hoops** Spread hoops out in area, 1 hoop/participant. On music cue, walk/gallop/slide, etc. in play area. When the music is off, quickly get into a hoop. If there is someone in a hoop already, look for a new hoop. Young children don’t need competition so eliminating a hoop isn’t necessary. The thrill of getting to a hoop is exciting! |
| **I Want A Hoop**Everyone stands in their own hoop on the ground. Remove one hoop. That participant becomes the “hoop shopper” and calls out loudly, “I WANT A HOOP!” All participants leave their hoop to quickly get into another hoop. Whoever is without a hoop becomes the next hoop caller and calls out “I Want a Hoop” for everyone to switch quickly again.  |
| **Hoop Cars – Beep Beep** Hold hoop like a steering wheel, begin driving slowly and safely on cue. Change locomotor skill, drive at different levels, motor along different pathways and change the pace with tempos (e.g., Drive/walk **slowly** at a **high** level; pretend to go **under** a bridge at a **low** level; travel/gallop on a **zigzag** pathway **quickly**.) Be aware of others, don’t bump into other cars. If a bump occurs, apologize to the driver (“sorry for crashing”), pull over to the side for 10 seconds and watch others drive safely, then rejoin the game. Variation: Helicopters, Race Cars and UFOs. Hold hoop horizontally, vertically or stand inside of it and pretend to be a helicopter, race car or UFO, respectively. Travel in a variety of ways, different levels, pathways and tempos. Add sound effects to make it more interactive! |
| **Hoop Tunnels** Make a line of 5-6, standing side-to-side to each other; each participant holds their hoop vertically on the ground to make a cooperative hoop tunnel. The first participant in line removes their hoop and crawls through the hoop tunnel. Once through the tunnel, the participant exchanges position with the next hoop holder who crawls through. Keep repeating until everyone has had a turn. For added complexity, participants can balance a bean bag on a body part as they crawl through the tunnel. |
| **Zigzag Hoops**Small group of 5-6 place their hoops in a zigzag pattern on the ground and then jump or hop through the hoop pattern. As children create their pattern (hopscotch patterns work well too), teachers can discuss key concept words (e.g., Can you place your hoop next to/near/on top of/below the next hoop to make a hoop pattern? Are the hoops near or far apart from each other? Describe with your words how your body is going to move through the hoop pattern.) Once the hoop pattern is ready, everyone gets a turn at moving through the hoops by hopping, jumping or leaping. This is a great cardiovascular activity too! |

**POST ACTIVITY DISCUSSION:**

In small groups, discuss perceptual-motor skills and movement concepts vocabulary from the community building activity.

* What types of activities, environmental supports and teaching strategies may promote the development of perceptual-motor skills and movement concepts for children who are English learners?
* What types of activities, environmental supports and teaching strategies may promote the development of perceptual-motor skills and movement concepts for children with special needs?

**OPTIONS:**

* For groups not very familiar with vocabulary for perceptual-motor and movement concepts, refer to the Movement Charts handout (CPIN website) during small group discussion.
* If commercial hoops are not available, homemade hoops can be constructed.
* At your local home improvement store purchase 1/2-inch flexible tubing (cut to any desired length for small, medium, or large hoops). Dip the ends of the tubing into very hot water to expand the tubing (adults only). Insert a wooden plug (wooden dowel cut 2 inches in length) in the tubing at both ends to complete the circle. Wrap colored electrical tape or duct tape to secure. Continue to add tape at intervals around hoop for more color. (Adapted from *Choosy Kids Homemade Props*.)