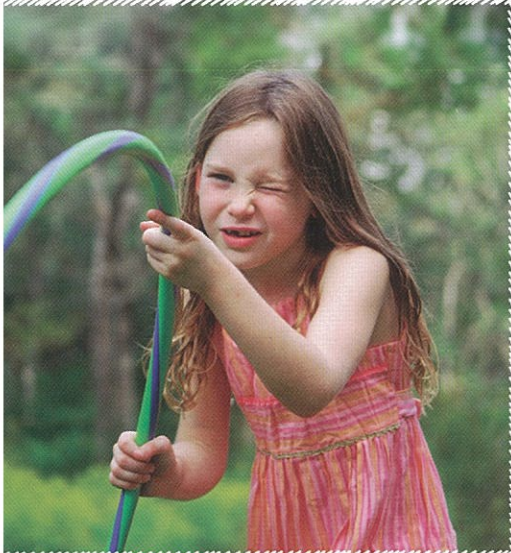


ACTIVE PLAY EVERY DAY



ACTIVE HOMEWORK WEEK 1 HOOLA HOOP

Choose some of these activities to play on your own, with your family or friends OR make up your own active games. Remember the most important thing is that you enjoy active play for 60 minutes every day.



RUNAWAY

Roll the hoola hoop 10m and keep it going with just one hand. Roll your hand over the top of the hoop as the bottom of it rolls along the ground. Turn around and return to the start.

TOO HARD? TRY THIS

Roll the hoola hoop as far as you can and catch it before it falls to the ground. Repeat this until you reach the 10m mark. Turn around and come back, rolling and catching the hoop.

TOO EASY? TRY THIS

Roll the hoola hoop with one hand, run behind the hoola hoop (while it is still rolling) and use the other hand to roll it again. Repeat this running either side of the hoola hoop to the 20m mark.

WITH OTHERS

Stand 5-10m away from each other and practice rolling the hoop to each person and back moving further apart. Two people run either side of a hoop each taking turns to keep the hoop rolling and see how far you can get.



FLAP YOUR WINGS

Continuously spin the hoola hoop around your arm between your shoulder and your elbow. Try and keep it on your upper arm for as long as possible. Think of the different angles of your arm and how that affects the hoola hoop.

TOO HARD? TRY THIS

Spin the hoop around your hand once. Catch the hoop with your hand and then do it again!

TOO EASY? TRY THIS

Continuously spin the hoola hoop around your arm and try to bring the hand of your other arm inside the hoola hoop each rotation. This happens when the hoola hoop is at its highest point. You need to be quick!

WITH OTHERS

Spin the hoola hoop on your arm and try to transfer onto your partner's arm and back again.



POUNCE

Continuously spin the hoola hoop around your foot, jumping over it everytime it spins around. You need to give it a good kick to start and keep the momentum.

TOO HARD? TRY THIS

Jump in the hoola hoop with both feet together and then outside the hoola hoop with both feet far apart. Try this from different sides of the hoola hoop.

TOO EASY? TRY THIS

Spin the hoola hoop around your shin and calf. Still try and jump over the hoola hoop each time it has spun around.

WITH OTHERS

Jump from a short distance into the hoop taking turns with your partner. Increase your distance away from the hoop with each jump.