

ACTIVITY SHEETS

HOOPS

Traditional Use:

Hoops are traditionally used simply by swivelling them around various sections of the body, but mainly around the waist and hips.

GENERAL USE

Throwing the hoop up in the air and catching it with the same hand / different hand etc.

Throwing the hoop to a partner.

Rolling the hoop to a partner.

Rolling the hoop with backspin (it should return to original spot).

Skipping through the hoop.

Hoops can easily be used as targets in practicing throwing accuracy with everything from tennis balls to vortex, etc.

One method of using Hoops as targets is to secure them onto a mesh fence (eg: around basketball court) using string. (Hoops can therefore be positioned at the desired height you wish to practice throwing accuracy eg: softball strike zone height for pitching practice). Alternatively, hang from the ceiling/roof for using in any type of ball work. Students can stand either side of the hoop/target and either throw, bounce, kick or hand pass a ball through the hoop to their partner. Place hoops in playing area and get each student to run placing only one foot in each hoop, changing hoop placement for variation.

MUSICAL HOOPS

After placing hoops around gym floor, select a genre (run, skip, hop, crawl etc) of movement. Turn the music on and ask students to move around gym to music. When the music stops children must take refuge in a hoop, any child not in a hoop sits down. Remove several hoops from the area and play game over until there is only one player left. To add another degree of difficulty players must perform specified balances within the hoop (eg, one leg).

HOOPS VRS BALLS

Students form a square with each opposing line forming one team. One team is given one ball for every two players.

The same ration is also handed out to the other team in hoops. Players are to attempt to roll their hoop across the square to their teammate while the opposition attempts to knock the hoops down using their balls.

Each successful passage of a hoop scores one point and the opportunity to roll again. Once all hoops are knocked down tally the score and swap equipment over and change roles. Ideal balls to be used; Gator balls, Play balls, Echidna balls, Nerf balls etc

HOOP ISLAND

All students start at one end of the gym. Teams of 3 are given 2,3 or 4 hoops each and must get to the other end of the gym using the hoops as 'islands'. If they step outside of the hoop area they drown.

FRISBEE GOLF

Divide students into pairs with each pair requiring 1 x frisbee and 1 x Scorecard. Teacher will need 1 x Hoop.

Teacher nominates 'tee off' position and a distant object (e.g. tree) that students should head towards, taking alternate throws of the Frisbee with their partner. Teacher walks with students towards the nominated target and, once close enough throws Hoop close to target to provide the 'hole' that students are required to land Frisbees inside.

GREEDY BIRDS

Students are divided in to 4 teams. The playing area is set up in a square with a hoop at each corner and one hoop in the middle. 40 Bean Bags are placed in the middle hoop. Each group is given the name of a bird - i.e. "Cockatoos", "Galahs", "Parrots" and "Kookaburras". The beanbags are seeds that the hungry birds must steal from the farmers stocks. When the whistle sounds, one person from each team must run to the middle and pick up a Beanbag and return the seed to their nest. (Only one student from each team may run at a time). This is done until all the seed is "stolen". In the following rounds, reduce the number of beanbags in the middle or make them an odd number.

Teaching Tip: to vary the game, teams may steal from other nests after all the seed is removed from the middle hoop.