

# Hop in the hoops

An aspect of Taha Tinana (Physical wellbeing) is moving our bodies. Exploring our environment and the objects within it, combines physical activity and cognitive function. This is exactly what a young brain needs to help improve movement skills and brain development. Have a go at Hop in the Hoops below to challenge young brains whilst getting their body moving.



**Level:** Age 3-7 years.

**Equipment:** Hoops, an open area and a drum or tambourine.

**Taha Tinana Outcome:** To practice fundamental movement skills and build neural connections in the brain and explore new equipment in a fun safe environment.

**Formation:** groups of 6-8.

## Directions to play the game

### Prior to the game

- Scatter the hoops on the floor
- Give the children time to explore the space and equipment without instruction. To stimulate ideas if necessary, ask questions such as:
  - a. What else can you do with this hoop?
  - b. Show me some things you can do with the hoop? (this may include picking it up)
- When the children have explored the space, give the children different ideas for moving around - walk, hop, skip, run, walk sideways, run, backwards and so on

- Demonstrate or ask the children to show how to walk or run around without touching the hoops. Intersperse these instructions with 'stand in groups of two in the red hoops' or 'three people go into a green hoop' and so on
- Use a drum or tambourine to indicate when the children need to stop and listen for the next instruction.

### **Variations**

- Put your hand in a hoop, put your foot in a hoop
- Ask children to work in pairs and have the leader decide the way the children will move around i.e. jump, run, hop etc.
- Give instructions in Māori or other appropriate languages.

### **Modifications to make the game easier**

- Use larger hoops
- Only one colour of hoop
- Ask children to work individually or get into smaller number groups.

### **Modifications to make the game harder**

- Make it more complex by adding colours and numbers. For example, put one knee in a red hoop, put four fingers in a yellow hoop and so on
- Different sized hoops.

## **Links to fundamental movement skills**

### **Locomotor skills**

- Walk
- Running
- Jumping
- Skipping
- Hopping.

### **Stability skills**

- Turn
- Twist
- Balancing on different body parts.