

Spatial Awareness

Hoop Play

For this activity children will need a hoop so this is an activity that is best played one on one or with small groups of children.

Children place their hoop on the ground and stand inside the hoop. Ask the children to pick up the hoop and lift it over their heads rotating it forward then step over the hoop. Body is now back inside the hoop! Repeat this several times – it is a bit like skipping but with a solid object!

Jumping in and out of the hoop. Make sure you encourage correct jumping technique! Remember to talk about inside and outside.

Hula hoop jump course : lay hula hoops side by side and have your children jump into them

Spin the hoop and let it go and when it is just about on the ground then jump into the hoop.