



# Hoop stretch

Players explore balancing with different body positions while stretching from inside a hoop.



## What you need

- > 1 piece of chalk, skipping rope or hoop per player

## What to do

- > Players stand in a hoop or a marked circle.
- > Players make a body position with both feet inside the hoop and both arms outside of the hoop.
- > They hold the position for a set time, then stand up and repeat using a different position where feet are inside and hands outside the hoop.

## Change it

- > Have 2 hands on the floor and 1 foot off the floor.
- > Put 1 hand on the floor and 2 feet on the floor.
- > Have 1 hand off the floor and 1 foot off the floor.
- > Move a raised foot or hand.
- > Vary the length of time the position needs to be held for [e.g. 5-30 seconds].

## Safety

- > Check there is enough space between players.
- > Start with a short duration for balances and increase the holding time as the activity proceeds.
- > Do not bounce in any stretch position.

## Ask the players

- > How many different balances can you make from inside the hoop?
- > Which body parts are you stretching with each balance?
- > Does one limb feel more flexible than the other?
- > Which movements made it harder/easier to maintain balance?
- > How did your muscles feel when you held the balances for longer times?

## LEARNING INTENTION

*Hoop stretch* can be used as a warm up activity to develop balancing skills.

PHYSICAL LITERACY ELEMENTS

STABILITY/BALANCE FLEXIBILITY

MUSCULAR ENDURANCE

REASONING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08

ACPMPO25

ACPMPO43