

Purpose: To activate the vestibular system

Resources: 1 hoop per person

To play this game

- Standing in the centre of a hoop lying flat on the ground.
- Crouch down, and as you slowly rise, lift up the hoop. Bring the hoop higher up the body until your arms are straight up in the air and you're standing on tiptoes.
- Walk a while on tiptoe and then stop and bring the hoop and yourself back down into a crouch. Keep hold of the hoop and begin again.



Variations

Lifting and lowering without the hoop

In pairs both children hold onto one hoop standing outside it.

Eyes closed throughout the whole movement

Teaching/Observation Points

- Feet flat on the ground before lifting.
- High up on the tip toes when the hoop is extended.
- Holding the position focus the eyes on one spot to increase balance.

Risk Assessment

- Warm up especially the shoulders and legs.
- Space so children don't bump into each other.
- Appropriate sized hoop for each child.

Your ideas: