

# Hoop Activities to Develop Gross Motor Skills

# Gross Motor Skills Groups

This is one of a series of activities designed to aid the development of a child's gross motor skills. Each session begins with some warm up exercises to improve the children's balance, co-ordination, bi-lateral integration and spatial awareness. A range of equipment is used during the sessions that have been approved and recommended by physiotherapists and occupational therapists.

Most exercises are also attempted without vision.

## **Equipment used**

Benches, hoops, quoits, cones, mats, physio balls, physio rolls, scoot boards, a variety of weights and sizes of balls, rocker board, bubble wrap, bean bags, tunnels, hockey sticks, markers and posts.

## **How the equipment is used**

**Benches:** to walk forwards, backwards, sideways, on tiptoes, heels and heel to toe. To pull along whilst on stomach, crawl and step ups. Occasionally hoops are placed around the benches and the children crawl under or over them. The benches are usually put out on angles or straight lines.

**Quoits, cones and markers:** to make courses for the children to follow.

**Mats:** these are nearly always set out diagonally. Children follow the direction around the edge of the mats by walking, running, knee walking or using hockey sticks and balls.

**Tunnels:** to crawl through, to roll in and to roll balls through.

**Physio ball and roll:** to sit on, lay on (front and back), to act as support.

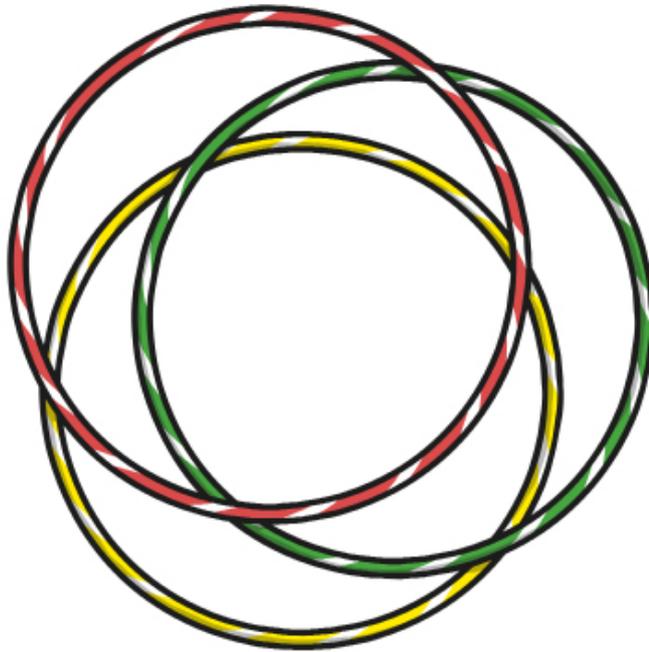
**Rocker board:** for balance.

**Variety of balls:** different weights and sizes for visual and spatial perception.

**Scoot boards:** to lay on, sit on and kneel on.

**Edra cones and hoops:** are used to make an obstacle course. All the warm up exercises for balance, body awareness, body perception and co-ordination are attempted without vision.

# Hoop Activities



- The child must jump forwards with both feet together, in and out of several hoops. Repeat the activity but jumping backwards.
- Side step in and out of several hoops stepping with their right leg first. Then repeat the activity but stepping with their left leg first.
- Hop on their left leg in and out of several hoops keeping a steady rhythm. Repeat the activity but starting with their right leg.
- From a standing position, step forwards through the hoop and bring it up and over the rest of the body. Repeat this action several times.
- From a standing position, step backwards through the hoop and bring it up and over the rest of the body. Repeat this action several times.
- Whilst walking, step forwards through the hoop and bring it up and over the rest of the body. Keep a steady pace until you reach the bottom of the hall.
- Whilst walking, step backwards through the hoop and bring it up and over the rest of the body. Keep a steady pace until you reach the bottom of the hall. Take extreme care when doing this activity.
- Whilst walking forwards, rotate the hoop backwards and step through, bringing the hoop up and over the rest of the body. Keep a steady pace at all times.
- Always make sure that the hoops are set out at angles and not in a straight line.