Name: Date Assigned:

FUNDAMENTAL MOTOR SKILL: BALANCE

ACTIVITY: *Individual Hoop Challenges*[17]

Description: Children are scattered throughout the activity area, standing in their hoops. Announce a movement sequence using the words "in, out, over" and "around". Participants execute the movements as quickly or slowly as you would like using the hoop (i.e., around - child goes around the hoop)

Number of participants

Adapted from https://www.youtube.com/watch?v=rHj3i41ehew

Skills

Physical: upper and lower limb coordination, reaction time, gross motor skill, balance, agility

Cognitive: sustained attention, selective attention, visual processing, auditory processing

Social: awareness of personal space

Equipment

- Hula hoop

Goal examples:

- The child will be able to demonstrate 3 different movements with their hoop.
- I can do my best to follow the movements with my friends.

My personal goal:

Next Check-in Date:

[17] Active for Life: Lloyd, M., & Legg, D. (2009). *Fundamental movement skills: Active start and FUNdamentals stages: For children with physical disabilities*. Ottawa: PHE Canada.

Name: Date Assigned:

FUNDAMENTAL MOTOR SKILL: BALANCE

ACTIVITY: *Individual Hoop Challenges*[17]

Modifications

To make the activity easier	**To make the activity harder**
Change the environment	
• Have the child hold onto a parent or adult during the activity to decrease **physical demand**	• Have child complete the activity close to another child to increase **physical and social demand**
Change the task	
• Have the child copy someone doing the activity with their hoop to decrease **cognitive demand**	• Have the child complete a movement for a longer period of time to increase **physical demand**

[17] Active for Life: Lloyd, M., & Legg, D. (2009). *Fundamental movement skills: Active start and FUNdamentals stages: For children with physical disabilities*. Ottawa: PHE Canada.