

Activities To Do With A Hoop

Bumper cars, hold the hoop around you at waist height, moving around the room, with other people or just obstacles and when your told to stop, stop and see how close you are to an obstacle or person. The bumper car helps you find space.

Skipping, using is hoop is a good way to start off learning to skip as it is a more solid shape to get through.

Hula hooping, see how long you can keep hula hooping for.

Rolling the hoop and chasing it, see how far it can go. Throwing it up in the air and catching it again is a good way at developing hand eye coordination.

With 4 hoops one in each of the corners of a big square each starting with the same amount of bean bags. It's a competition to see who can collect the most beans bags from the other team's hoops in a certain amount of time.

With your friends, stand in a circle holding hands with the hoop starting between 2 people, the aim is to pass the hoop around the circle with people stepping in and through the hoop.

Stepping stones, in groups or on your own with 1 or 2 hoops being used as stepping stones. Try getting from one place to another stepping in and passing over to make the next step working as a team or in competition.

Hoop fishing, laying out lots of objects (fish) and then throwing the hoop to see how many you can catch in the hoop.

Hoop guard, standing it the hoop with other people doing the same or just one person, and protect your hoop by stopping the other people from getting the objects in your hoop, whoever has the least objects in the hoop by the end wins.