

Hoop Colour Coordination

What you'll need

Hoops (5 colours)



The PE Shed

7 differentiated levels

HOOP KEY **BLUE** = 2 FOOTED JUMP **RED** = 1 FOOTED HOP
GREEN = 2 FOOTED JUMP & CLAP **YELLOW** = FROG JUMP **ORANGE** = BACKWARDS JUMP

Aim: To develop gross motor skill coordination.

How to set up: Set up the hoops as shown in the level 1. Set up as many level 1 stations as required based on the size of the group.

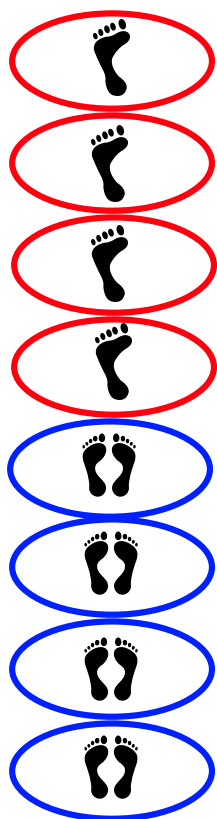
Divide students into groups of 3-5. Assign groups to a track of hoops.

How to do the activity: Write a key for students to see (right). Students all start on level 1. Students go at their own speed and return back to the start of the line once completed and repeat continuously. The next student should go once the student in front gets to the 3rd hoop. Students move onto the next level once the teacher or students feel they have mastered the level.

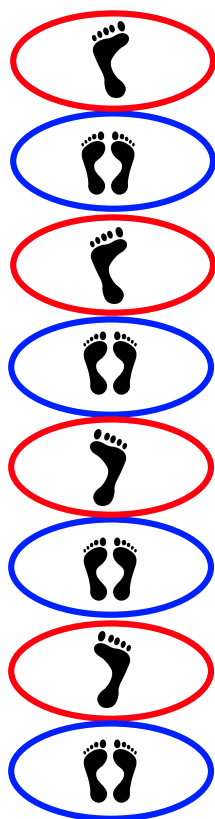
Further development ideas: 1. Add more hoops, 2. Change the motor skills, 3. Students create their own levels / track.



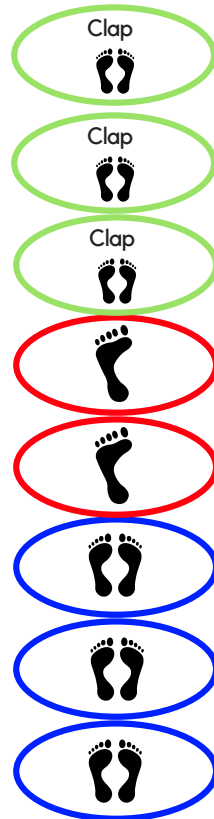
Level 1



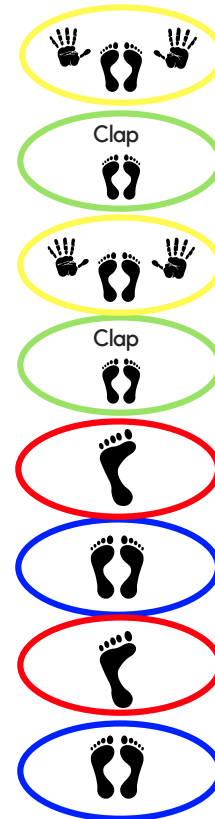
Level 2



Level 3



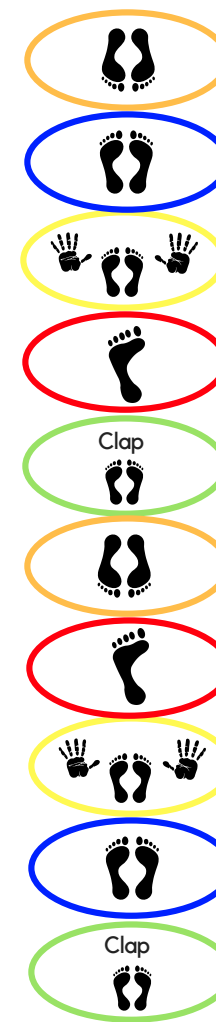
Level 4



Level 5



Level 6



Level 7