



Hoop Hop

MOVE
PLAY &
LEARN

Age 2 years and older

Materials Play Hoops

Setting Open space

Description Set out hoops on the ground so that they are touching one another. Make a line, stimulate a hopscotch board or create another pattern. Since most toddlers will not yet be able to hop on one foot, ask them to jump with both feet from hoop to hoop. It may take several jumps to get from one hoop to another! Motivate the little jumpers by encouraging them to “jump like frogs.”

Learning Outcomes

Large Motor Skills Toddler continues to expand gross (large) motor skills, particularly jumping. He or she develops coordination, balance and body awareness.

Movement Toddler shows increasing body control and enjoys creative movement.

Did You Know? SHAPE America recommends a variety of strategies to support unstructured play. The caregiver should use a variety of supportive yet minimally obtrusive strategies to encourage the child to use a variety of gross motor movements both indoors and outdoors on a daily basis. Facilitate engagement in gross motor movements such as walking, running, jumping, throwing and catching. Use a variety of minimally obtrusive strategies such as modeling, verbal encouragement, visual or physical prompts, and/or placement of high-interest objects.

TODDLERS