

Activity Burst 21 - Hungry Hippos

Equipment

- Hoola hoop (1 per 4 children)
- Small balls (10 per child)

Instructions

- Balls are all placed in the hoola hoop.
- Children lie down propping on hands, one at each edge of the hoola hoop.
- Using one hand only, the children collect as many balls as they can, until there are no balls left to collect.
- Repeat the activity with children using the other arm.



Starting points and progression

Lie on tummy, propping on forearms

Lie on tummy propping on hands

All fours position

Bear

Plank on forearms

Plank on hands