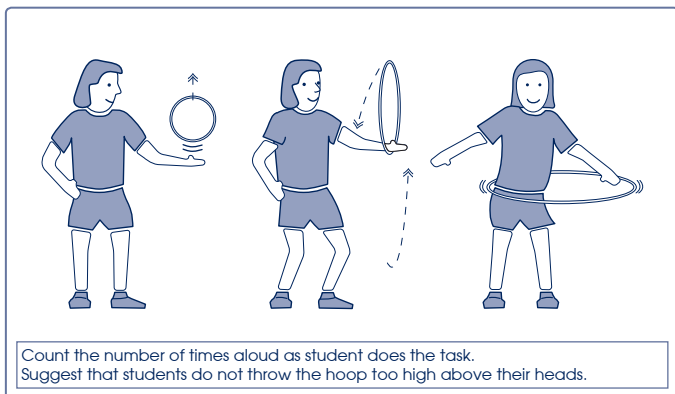


Approach: Open space
 Focus: Throwing, catching, spinning
 Resources: 1 small hoop, 1 large hoop

Year: 4 & 8

Questions / instructions:



Using the **small** hoop:

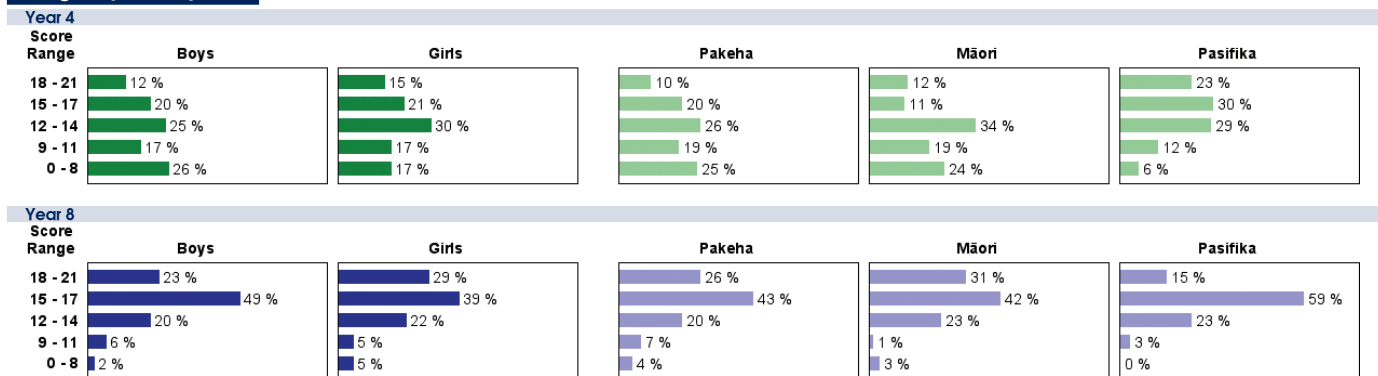
1. **Throw** the hoop above your head with your **right** hand, then catch it. Have **three** goes.
2. **Throw** the hoop above your head with your **left** hand, then catch it. Have **three** goes.
3. **Throw** the hoop above your head with one hand, then catch with the other hand. Have **three** goes.

Using the **large** hoop:

1. Swing the hoop on your **right** arm **five** times.
2. Swing the hoop on your **left** arm **five** times.
3. Stand **inside** the hoop and hula or **turn** the hoop using your hips. Do **10** turns of the hoop.

| | % response 2006 ('02) | | % response 2006 ('02) | |
|---|---|--------------------------------------|---|--|
| | year 4 | year 8 | year 4 | year 8 |
| Small Hoop: | | | | |
| Right hand – throws caught: | 3: 44 (42) 2: 32 (33) 1: 16 (16) 0: 8 (9) | 80 (78) 14 (18) 5 (2) 1 (2) | Large Hoop: | |
| Left hand – throws caught: | 3: 38 (41) 2: 35 (29) 1: 17 (19) 0: 10 (11) | 72 (71) 23 (21) 3 (7) 2 (1) | Right arm swings – 5 turns: | completed smoothly: 59 (57) completed, but irregular: 22 (21) any other response: 19 (22) |
| Opposite hands – throws caught: | 3: 43 (37) 2: 30 (37) 1: 18 (18) 0: 9 (8) | 74 (72) 20 (22) 5 (3) 1 (3) | Left arm swings – 5 turns: | completed smoothly: 46 (40) completed, but irregular: 24 (29) any other response: 30 (31) |
| Style for all small hoop options: (height, control, ease of movement) | strong: 18 (20) moderate: 58 (58) weak: 24 (22) | 59 (50) 39 (46) 2 (4) | Hula movement – 10 turns: | completed smoothly: 20 (12) completed, but irregular: 5 (7) completed, one restart: 28 (13) completed, two restarts: 19 (18) any other response: 28 (50) |
| | | | Style for all large hoop options: (height, control, ease of movement) | strong: 18 (14) moderate: 57 (46) weak: 25 (40) |
| | | | Total score: | 18–21: 13 (7) 15–17: 21 (17) 12–14: 28 (28) 9–11: 17 (21) 0–8: 21 (27) |
| | | | | 24 (18) 65 (66) 11 (16) 26 (19) 44 (40) 21 (29) 6 (8) 3 (4) |

Subgroup Analyses:



Commentary:

Year 4 students managed the hula hoop technique a little better than year 8 students. There was a small improvement overall at both year levels between 2002 and 2006.