



Salto de Aro

Use the hoop like a jump rope.

- * Can you do it forward?
- * Can you do it backward?



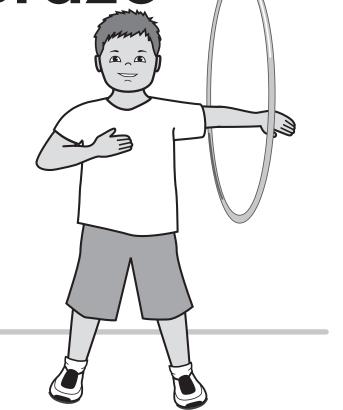


MANIPULATIVES



With your hoop around your wrist, legs or neck, move to keep it circling that body part.

- How long can you keep it going?
- ★ Can you switch arms while the hoop is moving?

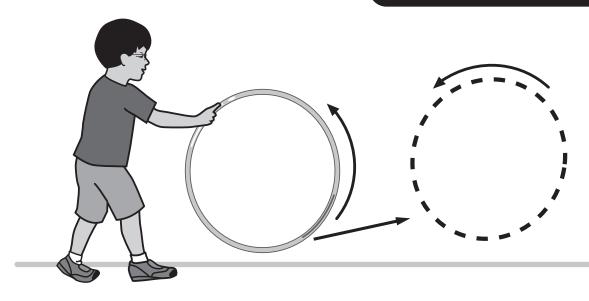




Boomerang

Toss your hoop forward with backspin and make it roll back to you.

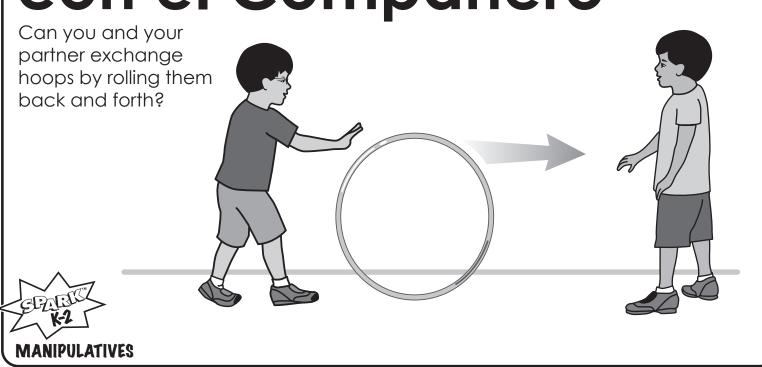
- Can you roll the hoop forward with backspin so that it comes back to you?
- ▶ What tricks can you do with the hoop when it comes back?





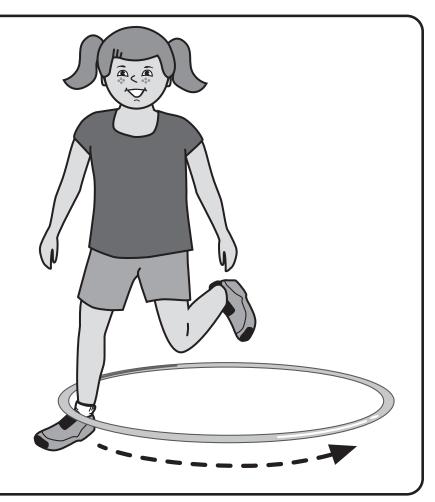
MANIPULATIVES

Intercambio de Aro con el Compañero



Sáltalo

With your hoop around 1 ankle, keep it turning, while your other foot hops over it each time around.





MANIPULATIVES

Lanzar y Atrapar

Toss and catch your beanbag with two hands.

- * Can you catch with 1 hand?
- ★ Can you throw with 1 hand and catch with 2?





Lanzamiento de Arco Iris

Toss your beanbag back and forth across your body from hand to hand.

* Can you toss higher each time?



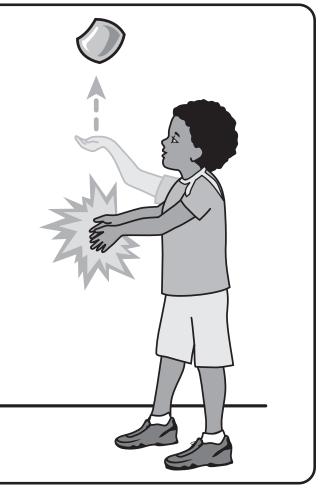


MANIPULATIVES

Lanzar y Aplaudir

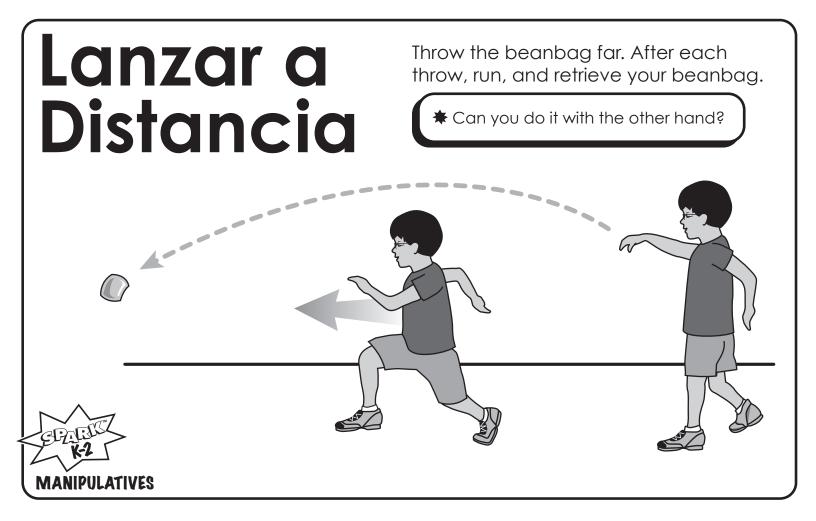
Toss your beanbag and clap your hands before catching it.

How many claps can you do and still catch the beanbag?













Girar y Voltear con Compañero

Stand back-to-back with your partner and pass the beanbag around your bodies by twisting and turning.

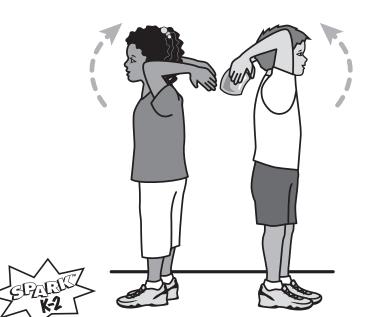
★ How many times can you pass it around?



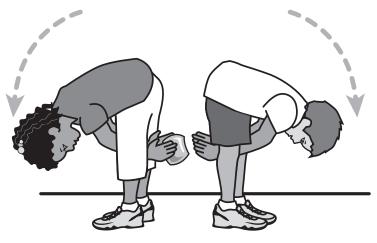
MANIPULATIVES



Stand back-to-back with your partner and pass the beanbag around your bodies by reaching overhead and passing between legs.



How many times can you pass it around?







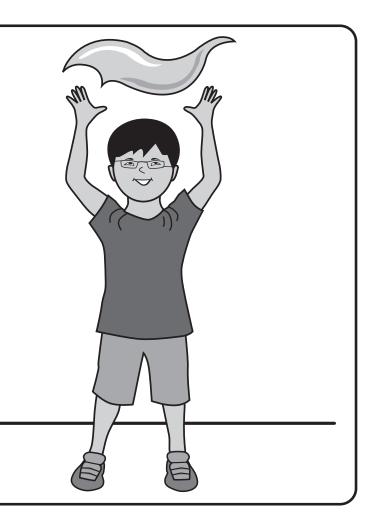
Lanzar y Atrapar

Can you toss and catch your scarf with...

- your R hand?
- your L hand?
- a clap before catching?
- a turn before catching?
- another body part?



MANIPULATIVES



Dibujar

Draw with your scarf.

- * Can you write your name?
- ★ Can you write the numbers 1-10?

