



## EduTrend Contents

G4C · COORDINATION AND AGILITY GAMES · PRIMARY

# Hoop Hop Code

Follow a called code of hops and jumps through a line of hoops, building foot coordination, balance and memory

Ages 4–9

Level: Foundation

30 minutes

Groups of 3–5 · up to 30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

## ACTIVITY 01 · AT A GLANCE

# Hoop Hop Code

Each group has six hoops laid in a row, or chalk circles on the playground. The adult calls a code, such as two feet, one foot, two feet. Children move through the hoops following the code, then jog back to the end of the line. The code changes every two turns, so children must listen, remember and control their landings. Each child notices one thing that is getting easier.

## Learning outcomes

By the end of the session pupils can:

- hop and jump with control;
- remember a short movement code;
- balance on landing;
- notice their own improvement.

**KEY WORDS**

hop · jump · land · code · balance · memory

**CURRICULUM LINKS**

PE: fundamental movement skills.  
Maths: patterns and sequences.  
English: listening to instructions.

**1****WARM UP**

Get moving safely

**2****EXPLAIN**

One rule at a time

**3****PLAY**

Short rounds

**4****ADAPT**

Easier or harder

**5****TALK**

What helped?

**6****COOL DOWN**

Calm and review

## Materials (per group)

- Six hoops per group or chalk
- Code cards
- Non-slip surface
- Worksheets 1, 2 and 3

## Before the session

- Lay out hoops or draw circles.
- Write codes of increasing difficulty.
- Check the surface is non-slip.
- Clear bags and loose kit.

**SAFETY**

Use a non-slip surface. Clear the space of bags.  
Land softly with bent knees.

## ACTIVITY 01 · SESSION PLAN

# Step by step

Keep each game short; switch before attention drops.

| Time                   | What happens                                | Say or ask                          |
|------------------------|---------------------------------------------|-------------------------------------|
| 0–5 min<br>Warm up     | Jog, then practise hops and two-foot jumps. | <i>“Can you land softly?”</i>       |
| 5–8 min<br>Explain     | Show a code slowly.                         | <i>“What does one foot mean?”</i>   |
| 8–25 min<br>Play       | Changing codes every two turns.             | <i>“Can you remember the code?”</i> |
| 25–30 min<br>Cool down | Stretch and share improvements.             | <i>“What got easier?”</i>           |

**CHALLENGE CARD (print or copy onto the board)**

Follow each new code through the hoops without a wobble, remembering the pattern all the way.

## ACTIVITY 01 · FACILITATOR NOTES

# The game know-how in brief

Coordination means getting different parts of the body to work together, such as legs and arms when landing a hop.

Short, varied games keep attention high, and following a code trains memory as well as movement.

## Common ideas to listen for

- “Jumping high is best.” Controlled landing matters more.
- “Everyone improves at the same speed.” Children develop at different rates.
- “A wobble is a fail.” It is practice.

## Adapting the activity

### Support

Use two-feet jumps only and move hoops closer.

### Stretch

Add a sideways hoop and a clap on one-foot landings.

WORKSHEET 1

# Codes I managed

Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

Tick each code.

## Codes I managed

| Code | Tried | Managed |
|------|-------|---------|
|      |       |         |
|      |       |         |
|      |       |         |
|      |       |         |
|      |       |         |

**WORKSHEET 2**

# Make a code

Draw feet in the hoops.

**Make a code**

| Hoop | 1 | 2 | 3 | 4 | 5 | 6 |
|------|---|---|---|---|---|---|
| Foot |   |   |   |   |   |   |

## WORKSHEET 3

# What got easier

Draw or write.

**Today I got better at...**

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FOR THE TEACHER

# Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

| Pupil | Hops with control | Remembers codes | Notices improvement |
|-------|-------------------|-----------------|---------------------|
|       |                   |                 |                     |
|       |                   |                 |                     |
|       |                   |                 |                     |
|       |                   |                 |                     |
|       |                   |                 |                     |
|       |                   |                 |                     |
|       |                   |                 |                     |

Suggested codes: W = working towards · E = expected · G = greater depth

**ABOUT THIS ACTIVITY**

Hoop Hop Code is a sample activity from the EduTrend Contents G4C Coordination and Agility Games programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at [edutrend.org](https://edutrend.org).

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