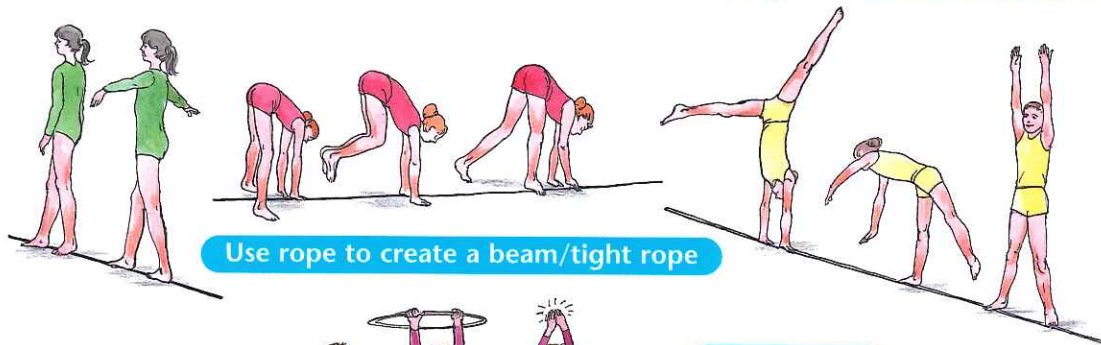
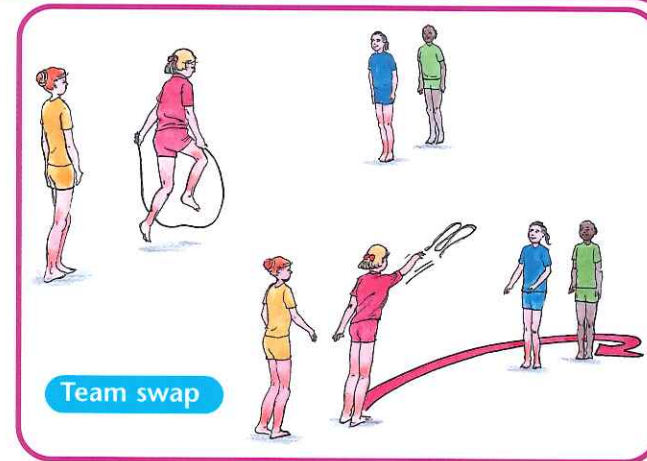


Hand apparatus 2 – hoop, rope and ribbon



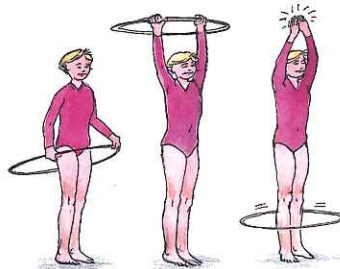
Use rope to create a beam/tight rope



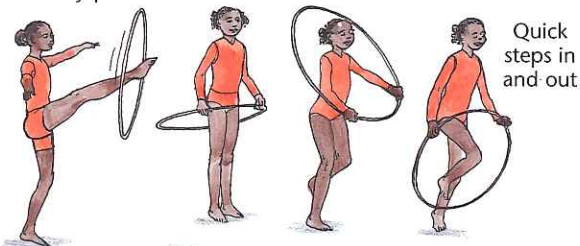
Team swap

Hoops

Lift above head to full stretch, clap hands, let it fall



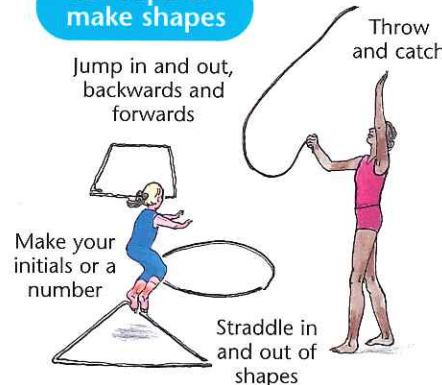
Spin on different body parts



Quick steps in and out

Use rope to make shapes

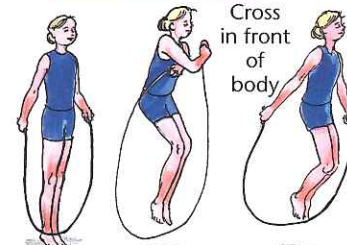
Jump in and out, backwards and forwards



Make your initials or a number

Straddle in and out of shapes

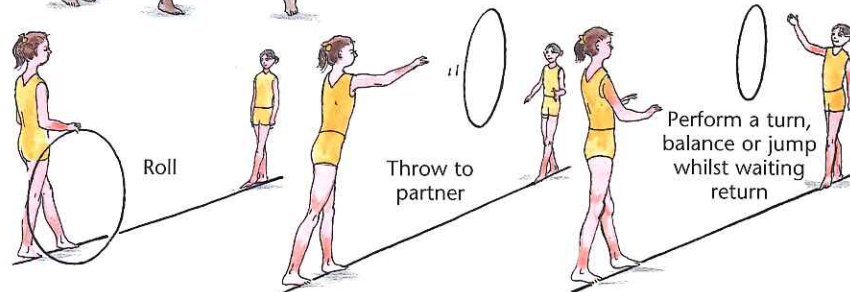
Ropes



Use rope for skipping

Cross in front of body

Link arms and skip to continuous turns of rope



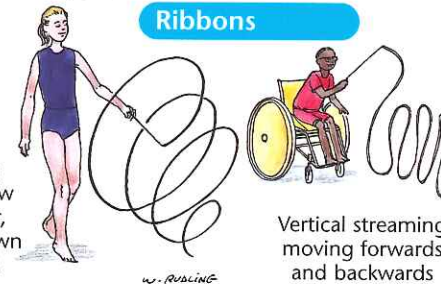
Roll

Throw to partner

Perform a turn, balance or jump whilst waiting return

Ribbons

Spirals keeping arm below shoulder, facing down in front



Vertical streaming moving forwards and backwards

Team swap

- Teams of four, in pairs, facing each other, six metres apart.
- First person (1) completes ten skips on the spot.
- Quadruple fold of rope and then throws it to partner standing opposite (2).
- Follow rope and stand at back of pair opposite.
- Second person then repeats the actions, starting with the skips.
- Continue until the team finishes back in their original starting positions.

Think INC.

Use ribbon sticks that are easier to hold or shorter ribbons and change the colour, texture and size of the equipment.

Vocabulary

Throw, return, recoil, ribbon, swing, stream, circular, overhead, combine, wrap, spiral, plane, clockwise, anti-clockwise, propel, ascend, descend

Safety: Ensure the children:

- leave no apparatus on the floor
- ensure hand apparatus is in good repair
- are aware of others when throwing equipment and ensure pathway is clear
- avoid windows and doors when throwing equipment.