

After School Care/Vacation Care Programs



Sunshine's Hoop Love provides fun, engaging and playful incursions to children in Vacation Care and After School Care.



All *Sunshine's Hoop Love Programs* are designed to encourage children and youth to get active and have fun while exploring body movement, creative expression and play. The exercises and activities they will participate in aim to improve:

- cardiovascular endurance
- fine and gross motor skills
 - muscle strength
 - body awareness
 - self esteem
 - creativity
 - self expression
 - coordination



The Programs

Fun and Games With Hoops

Fun and Games with Hoops will have children playing, laughing, moving and having fun. Throughout the session children will play some favourite children's games with a fun little twist... using hula hoops. This program is designed to be engaging, inclusive, energising and playful. Children will learn hula hoop tricks and engage in play that will encourage creativity, get their bodies moving, improve coordination and have them laughing and having fun. There are some fun hoop challenges for children to try that will appeal to their creative side and give them the chance to be hoop stars.

Hoop Dance and Body Movement

In this workshop children will learn an instructor led, choreographed, hoop dance routine. They will learn a variety of hoop tricks and skills and use those tricks and skills to create a group hula hoop dance routine. This workshop encourages children to move and dance with the hoop as they are taught hoop tricks in a fun, supportive and engaging way. Children will have the chance to perform the hoop dance together at the end.

Hula Hoop Making Workshops

In this workshop children will learn how to make their very own, unique hula hoop that they can then take home and play with. All materials are provided and instruction is given on how students can design and create their very own hoop. Once they have finished making their hoop there may be some time left to learn a few cool hoop tricks to amaze their friends with.

All workshops run for 1 hour.

What is provided: All hula hoops, hoop dance resources, fun and music and instruction.

What is needed: An area big enough for up to 30 children to hoop in.

