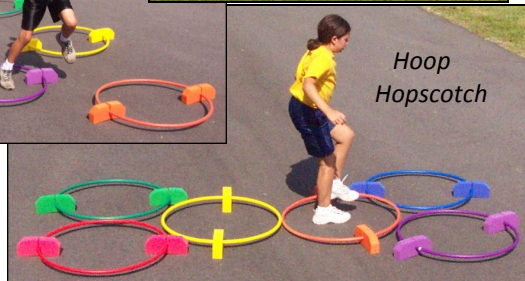
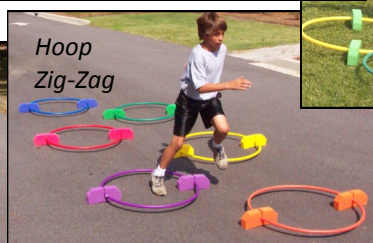
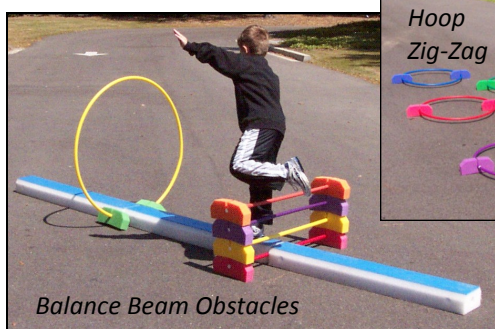
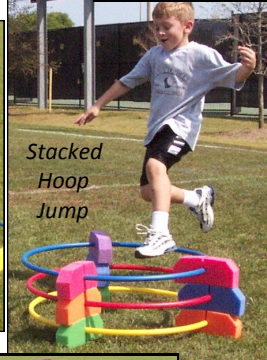
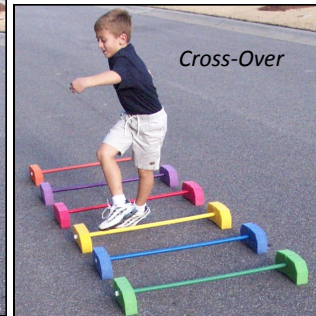
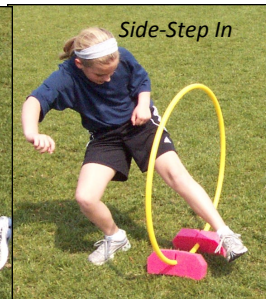
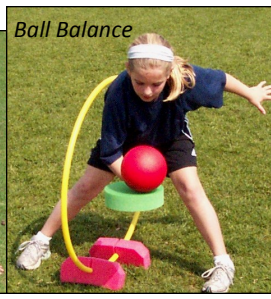
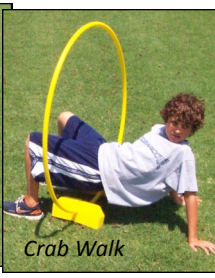
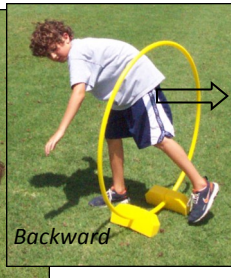


HoopHolder™ Guide

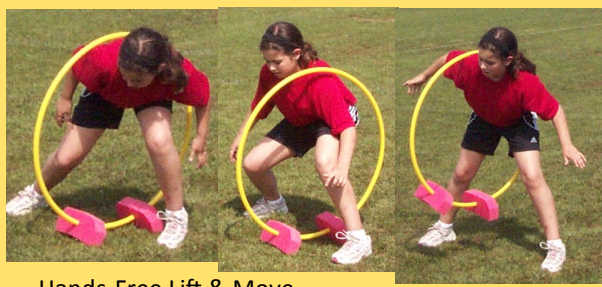
This *Guide* shows 50 movement challenges and set-up configurations to enhance children's' movement activities.

Safety: Always use *HoopHolder* movement activities under qualified adult supervision. The difficulty of the movement challenges should not exceed the skill level of the participants. Before jumping or running through hoops and wands, users should be taught how to move while in balance and proper fall-and-roll technique. When moving over or through hoops & wands, the goal is to develop the agility and special awareness to avoid tipping over the obstacle or moving it out of place.

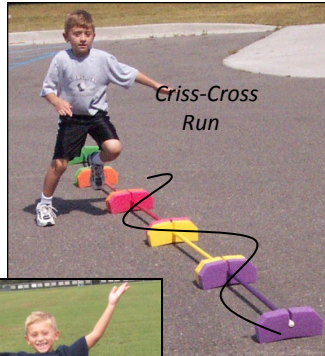
Vertical & Horizontal Movements (Hoops/Wands)



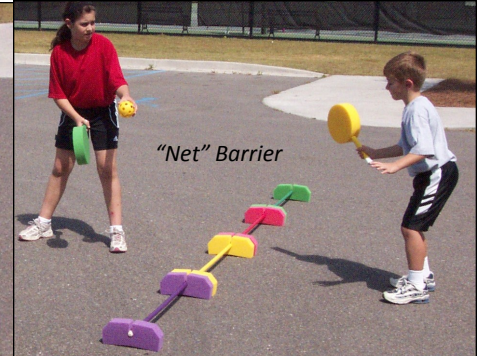
Targets, Barriers, and More...



Hands-Free Lift & Move



Criss-Cross Run



"Net" Barrier



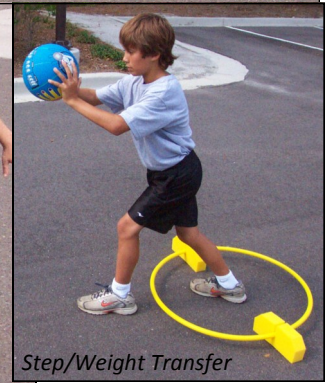
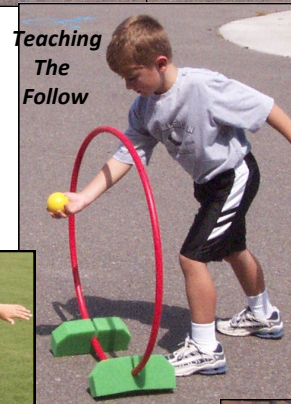
Goal



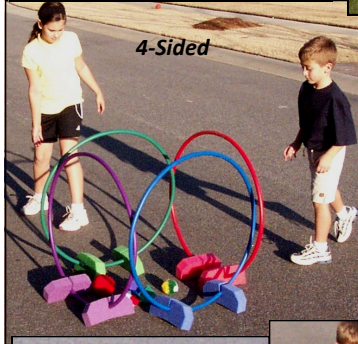
Tall Targets



Teaching The Follow



Step/Weight Transfer



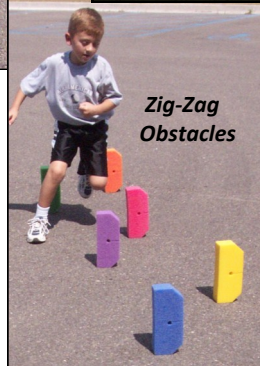
4-Sided



Chase



Zig-Zag Obstacles



Target "Frames"



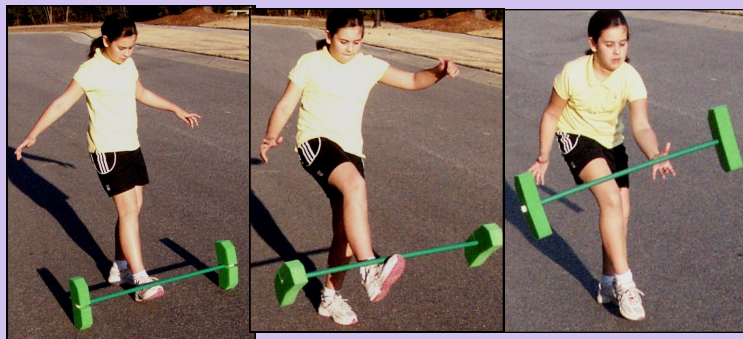
"Channel" Run



Shuttle Run



Ball/Frisbee Targets



"Dumbbell" Lift, Balance, Flick, & Catch



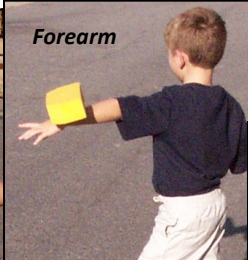
Ring Posts



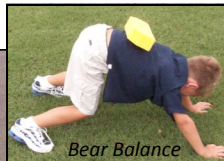
Balances...



Shoulder



Forearm



Bear Balance



Crab Balance



Palm



Knee



Head