



Hoop and Stick



Physical activity/physical literacy links: Developing movement skills (hand-eye coordination, timing); developing confidence; developing competence; developing social skills (cooperation, taking turns); developing body control and spatial awareness.

Language/literacy links: Supporting activity with talk and sign (e.g. observing, describing, story-telling)

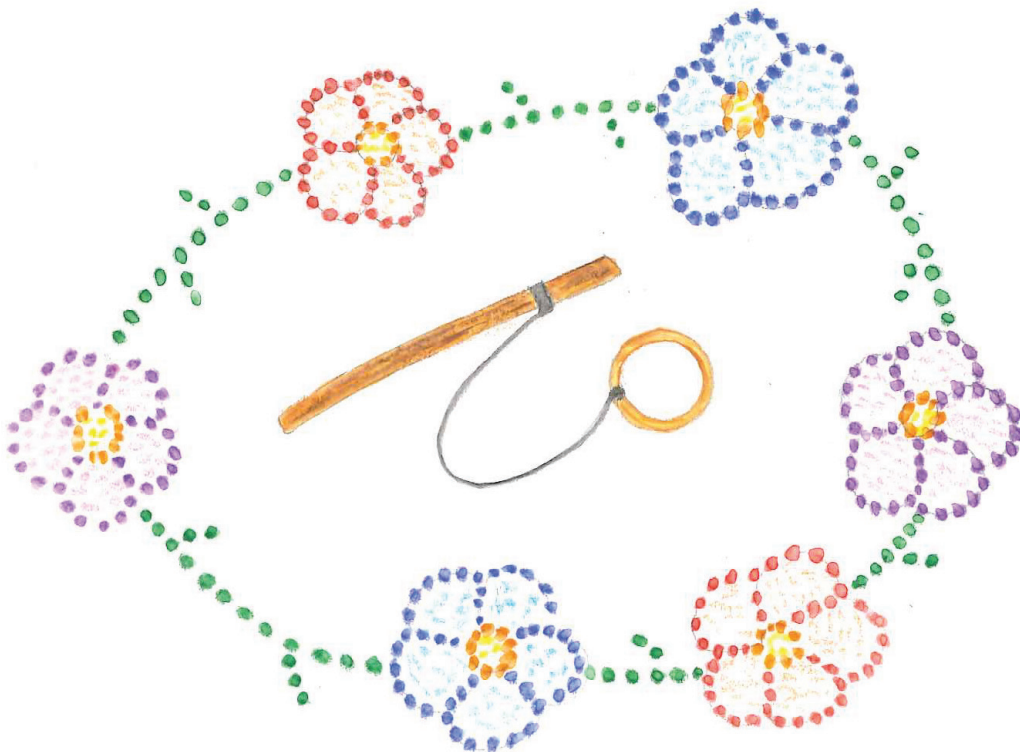
Equipment: 1 hoop and 1 stick for each child

Let's Make: Hoops (butter or yogurt plastic lids)

Where: Indoors or outdoors

Storytime

- ❖ Hunting was an essential skill for First Nations young people to learn. They began early with toys that encouraged them to develop skills. Hoop and Stick toys were created out of a slice of buffalo leg bone (the hoop) or a willow stick bent and fastened into a circle forming the Hoop. This Hoop was attached to the end of a Stick by a string. Once it is attached, the player holds the stick and swings the hoop up in the air. When it is aloft the goal is to spear the hoop with the stick.





Hoop and Stick (continued)

Let's play

- ❖ Children can begin the activity by starts by holding the stick and pointing it toward the ground.
- ❖ When they are ready, children can attempt to quickly bringing the stick up in front of themselves, causing the hoop to fly up in the air
- ❖ The child then can attempt to catch the hoop it by using their stick as a spear and attempting to spear through their hoop
- ❖ The player can take as many turns as needed to spear the hoop with the stick.