Players explore balancing with different body positions while stretching from inside a hoop.

**What you need**
- 1 piece of chalk, skipping rope or hoop per player

**What to do**
- Players stand in a hoop or a marked circle.
- Players make a body position with both feet inside the hoop and both arms outside of the hoop.
- They hold the position for a set time, then stand up and repeat using a different position where feet are inside and hands outside the hoop.

**Safety**
- Check there is enough space between players.
- Start with a short duration for balances and increase the holding time as the activity proceeds.
- Do not bounce in any stretch position.

**Ask the players**
- How many different balances can you make from inside the hoop?
- Which body parts are you stretching with each balance?
- Does one limb feel more flexible than the other?

**Learning intention:**
Hoop stretch can be used as a warm up activity to develop balancing skills.