

## Skills developing at hula hooping club



Regulars of the newsletter will be aware that Gateways has been offering a hula hooping club for several years. And with each successive year, our attendees are growing in number and becoming more and more adept with their hooping skills.

This year, we have members from Upper 3 all the way through to Sixth Form showing that hooping can be a fun workout no matter what age you are.

Having mastered the basics, this week some of our group proposed a fun challenge to see how many hoops we could hoop with and how fast we could move with them!

There was laughter aplenty as we watched people experiment with ever increasing numbers of hoops, spinning them round their thighs, lower legs and ankles as well as their waist!

Upper 4 then had a race across the sports hall whilst keeping their hoop rotating.

There are just a few places left in this club so if your child would like to participate, we are more than happy to welcome new members and spread the fun!

Mrs Elizabeth Hayward