



# UK Hooping

## Teacher Training Workshops

A 5 hour Workshop for fitness professionals who want to teach hooping for fun and fitness.

### Benefits of Hooping:

- Improves Core Strength
- Increases Flexibility
- Develops Balance and Coordination
- Provides an intense cardiovascular work out
- Tones the entire body
- Increases energy
- Generates joy and laughter
- Reduces stress
- Improves self confidence



## Hooping is a fantastic workout

### Course Content

Warm Up Ideas  
Cooldown Ideas  
Structure of Hoop Classes  
Routine Ideas  
Learn Hoop Tricks

### Pre-Requisites

This workshop is designed for all instructors with either an Exercise to Music or Gym Level 2 Fitness Qualification and holding public liability insurance.

In order to receive your certificate you need to pass the following points:

- Pass a practical exam in which you will be asked to produce a Session Plan and teach the move to the group displaying the correct teaching points, modifications, adaptations, cueing and planning.
- Send copies of your current fitness qualification
- Send a copy of your public liability insurance

**[www.ukhooping.co.uk](http://www.ukhooping.co.uk)**

Jacqui Smith, 16 Porters Close, Buntingford, Hertfordshire, SG9 9BW  
01763 274681 / 07956 647806

**Sunday 19<sup>th</sup> February 2012 – Hertfordshire**  
**Sunday 24<sup>th</sup> June 2012 – Leeds**  
**Sunday 19<sup>th</sup> August 2012 – Hertfordshire**  
**Sunday 14<sup>th</sup> October 2012 - Leeds**

### **Group Agenda**

- 09.30-10.00 **Registrations / Meet and Greet**  
10.00-10.30 **Workshop** Hoop Stability, troubleshooting, and health & safety  
10.30-11.30 **Beginners Class** including warm-up, main workout and cool down with stretches  
Break  
11.40-12.15 **Hoop Jam** to Enable us to observe delegate's current skill Levels and offer any corrections/progressions  
Lunch  
12.45-13.45 **Planning classes** including adaptations and progressions and structuring  
13.45-14.30 **Choreography Work** - show other workshop members  
Break  
14.45-15.15 Recap and **Questions & Answer Session**

### **One to One Agenda**

- 10.00-10.30 **Workshop** Hoop Stability, troubleshooting, and health & safety  
10.30-11.30 **Beginners Class** including warm-up, main workout and cool down with stretches  
Break  
11.45-12.45 **Planning classes** including adaptations and progressions and structuring.  
Lunch  
13:15-13:45 **Hooping Skills Practice**  
13.45-14.00 Recap and **Questions & Answer Session**



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## Locations for One to One Courses

### Hertfordshire

16 Porters Close  
Buntingford  
Herts SG9 9BW

Buntingford is located off A10, around 20 miles south of Cambridge. Local train services run into Stevenage, Royston and also Bishops Stortford. Stansted Airport is only a 40mins bus ride away.

Local accommodation (£35.00) <http://www.bedandbreakfast-directory.co.uk/photos.asp?id=24475>

Bucklandbury Farm, Buntingford. 07760 227366

### Stansted Airport

Bus service number 700 Stansted Airport to Buntingford £4.30 single 0844 357 6520

[http://www.intalink.org.uk/Timetables/tt/700\\_A\\_ATG.PDF](http://www.intalink.org.uk/Timetables/tt/700_A_ATG.PDF)

Weekday courses can also be arranged at my local College near Stansted Airport.

## Group Courses & Venues

### Hertfordshire

Seth Ward Community Centre  
Luyes Rise  
Buntingford  
Herts SG9 9SG

Buntingford is located off the A10, around 20 miles south of Cambridge. Local train services run into Stevenage, Royston and also Bishops Stortford. Stansted Airport is only a 40mins bus ride away.

Local accommodation (£35.00) <http://www.bedandbreakfast-directory.co.uk/photos.asp?id=24475>

Bucklandbury Farm, Buntingford. 07760 227366

Bus service number 700 Stansted Airport to Buntingford £4.30 single 0844 357 6520

[http://www.intalink.org.uk/Timetables/tt/700\\_A\\_ATG.PDF](http://www.intalink.org.uk/Timetables/tt/700_A_ATG.PDF)

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**Leeds**

Ladies Workout Express  
1<sup>st</sup> Floor  
103-107 Queen Street  
Morley  
Leeds  
LS27 8DW

Morley is located off the M62. Local Train Station is Morley

**Local Accommodation**

Cross Keys Hotel  
Britannia Rd Morley  
Leeds  
LS27 0AU  
Tel: 0113 238 0276

The Old Vicarage Hotel & Restaurant  
Bruntcliffe Rd Morley  
Leeds  
LS27 0JZ  
Tel: 0113 253 2174

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Distance Learning Course  
Ran on the Moodle Virtual Learning Environment platform

## UK Hooping Teacher Training Distance Learning

Course	<b>On completion of this distance learning you should:</b> <ol style="list-style-type: none"> <li>1. Have an understanding of how to create a safe and effective hooping class</li> <li>2. Have lots of ideas and where to progress with hoop moves</li> </ol>
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Session Number	Topic content	Activities	Assessment schedule	Resources
1	Hoop Stability, Posture & Troubleshooting	Which Hoop? Correct Lifting Techniques Problems you will encounter	Formative Observation from tutor	Handout – Hoops Handout – Posture Handout – Class Plan Handout – PAR Q Video of techniques
2	Beginners Class	Class Example	Q&A	Video of class Handout - SP
3	Hoop Jam	Practice Moves – * <b>video of 3 moves</b>	Observation & Assistance from Tutors	Videos of Moves
4	Planning Classes	Recommendations for teaching Space required Ideas for classes Progressions	Q&A	Handout – Toning Ideas Handout – Circuit Ideas Handout – Progressions Video of routines
5	Manual Run Through	Teaching Points for moves		Manual
6	Teach a Move	* <b>Video one move to teach</b>	Observation = PASS or REFER	Handout – Marking Criteria
7	Q&A	Recap on workshop – clarification on any aspects of course  Present Certificates	Observation and Q&A's	Phone / Email /Skype  Certificates

\* You will need to provide a short video of 3 moves you have learnt and one move with full teaching points.

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## Level 2 – So You Want To Teach Children Workshop

I have been teaching childrens Hooping classes for over 7 years and now want to pass on my extensive knowledge of working with children, so you can avoid the mistakes I have made in the past.

### UK Hooping Teacher Training Distance Learning

Course	<b>On completion of this distance learning workshop you should:</b> <ol style="list-style-type: none"> <li>1. Have an understanding of how to create a safe and effective hooping class for children</li> <li>2. Understand what training by law needs to be taken before teaching children</li> </ol>
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Session Number	Topic content	Activities	Resources
1	Teaching Qualifications and duty of care legal requirements Risk Assessments Childrens Manual	ppt on where to find this information	Manual ppt on information Risk Assessment Form
2	Warm Ups and Cooldowns for Children	Class Examples and ideas	Video of class
3	Ground Rules	How to set and agree ground rules	Videos / ppt Incident Reporting Form
4	Running Classes	Ideas for classes Games and routines	20 Videos of routines, class samples and games
5	Where to teach Children	Ideas of where to contact to be able to teach Children	Handout

**SPECIAL OFFER**

**BOOK LEVEL 1 TEACHER  
TRAINING & SO YOU  
WANT TO TEACH  
CHILDREN WORKSHOP  
£105.00**

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