

LOOP-HANDLED HOP BALL

Item # 5597

The Loop-Handled Hop Ball is a traditional favorite. Kids have enjoyed hop balls for generations. They are great for inclusion gymnastics because kids of all ages and skill levels enjoy them. The Loop-Handled Hop Ball aids in the development of proprioception, vestibular comfort, core stability and hip and leg conditioning.

- Create obstacle courses through which the students can hop on their Hop Balls. Use “Over, Around, Under and Through” as a theme for the courses. This aids in language development and introduces the students to prepositional phrases.
- Hop Ball relay races are a fun conditioning game for hip and leg conditioning.
- Allow students who have excess energy or low core stability to sit on the Loop-Handled Hop Ball while they wait their turn at trampoline. Giving them a bouncy seat allows them to burn energy while they wait. Maintaining upright position while in a static seated position also increases core stability and helps the student to develop postural stability.



***Beth Gardiner** brings an impressive array of experience and professional affiliations in the gymnastics world, spanning three decades. As owner of Heart of Texas Gymnastics Beth specializes in preschool gymnastics, recreational, compulsory team and special needs gymnastics. Her child-first philosophy and skill-based curriculum have proven effective in building dynamic and highly successful gymnastics programs. Through these, and as a volunteer with Special Olympics and other private organizations, she regularly works with children and adults who have disabilities, researching ways to serve the special needs population in the gym environment. Beth has also served as a USA Gymnastics National Instructor since 1997 and is a 1983 graduate of Texas A&M University.*