

## RAINBOW HOOPS

Item # 22718

Rainbow Hoops are visually attractive, making musical and rhythmic activities more fun.

- Arm movement activities with music include various motions like snake, figure eight, bullwhip, stir the pot, and circles.

Visual cues are often very important for children who have difficulty with body awareness. Holding one of the Rainbow Hoops in each hand while doing underarm lift and rhythmic drills gives the student a visual perception of their arm movements and helps them to “find” their hands. This activity helps to develop visual spatial, vestibular and haptic senses.

- Hang hoops from a bar. Ask students to toss small balls through the hoops. This is a visual spatial activity that also works on grasp, release and throwing skills.



**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.