

Who are we?

Hoopstarz was created by the Kidz R Fit team with the aim of keeping children fit and active in a unique way!

Our aim is to engage more children in physical activity, as still most children do not meet the guidelines set out by the Department of Health of 60 minutes of physical activity per day.

We want to do this in a FUN and entertaining way, showing children from a young age that exercise shouldn't be a chore!!



@Kidz_R_Fit



/KidzRFit



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HOOP STARZ

It's a Revolution!



www.hoopstarz.co.uk

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Hoopstarz Days

Hoopstarz is one of the most exciting, unique and engaging activities available for children and you can't fail to be impressed by the enjoyment it creates and the sense of achievement the children gain from participating. The classes build confidence and self-esteem and promote the importance of staying fit and healthy.

We use up to date music in the sessions which adds to the atmosphere and makes it almost like a party. We do choreography, tricks and games, there are hoop wars to be won and skills to be mastered making it a high energy, fun packed session.

Without a doubt this is the most engaging, heart rate racing, exciting and inclusive package you can offer the children in your setting. The children WILL master the art of Hula Hooping, even if they believe they can't. They're having so much fun they don't even know they're exercising.

A fantastic cardio workout, addressing the rise in obesity. Even the most difficult pupils to engage in PE can't fail to enjoy it, we have seen this first hand!

On your Hoopstarz day we will give you and your staff lots of ideas of how to use the programme to your advantage. Your School will be buzzing!!



Hoopstarz CPD

We are now offering Hoopstarz as a ready to teach, easy to use, simple to follow package for teachers.

What are the benefits?

More pupils taking part in physical activity. Even the most difficult to engage pupils will participate, improving health and fitness in your setting.

It is a programme that is fully inclusive, that will not only improve health and fitness but also self-esteem and confidence. You will be amazed at which children will excel and which of them will stand up in front of their peers and show their skills.

Your package will consist of a pack of hoops, enough for your class. You will get access to a simple to use members area on our website. This includes easy to follow lesson plans, video, ideas on how to get the most out of the package including how to raise funds for your school.

Hoopstarz will cover areas such as dance, gymnastics and games, teamwork, balance coordination and agility making it a sustainable activity.

