

Noodle Bits

Item #15869



- **Overview.** A prop for exploring hand-eye coordination concepts related to catching and tracking, these soft foam, half-moon-shaped pieces are great for relay races, balancing, stacking, color recognition, or creating teams - the possibilities are endless. Includes a bag filled with 256 pieces, 64 in each of the four different colors.
- **What Are the Educational Applications?**
 - Noodle Bits move slowly through the air, creating an inventive atmosphere for tracking and catching.
 - Can be used to develop hand-eye coordination, catching skills and teamwork.
 - Concepts that can be used with Noodle Bits are: up, down, soft, track, opposite, above, under, over, towards, around and squeeze.
- **How Can I Use This Product With My Students?**
 - **Where:** For use indoors and outdoors on dry surfaces, preferably not blacktop.
 - **Age:** For students in grades K-12.
 - **Group Size:** Can be used for individual performance, partnerships, group cooperative and competitive activities.
 - **Basic Skills Needed:** Once students have developed the skills of launching, tracking and catching the Noodle Bit, they can progress to individual skill development and activities, partner challenges, and then to group and team experiences. The basic skills are needed before students can participate in the partner and group activities.
 - **Gripping the Noodle Bit**
 - Hold the Noodle Bit between the thumb and the pointer finger and middle finger with rounded side of Noodle Bit facing the space you where would like the Noodle Bit to travel.
 - Extend your arm away from the body but keep the arm bent slightly.
 - Aim the round part of Noodle Bit toward a space or target.
 - Squeeze the Noodle Bit equally with both the thumb and the fingers.
 - **Launching the Noodle Bit**
 - Aim the Noodle Bit into space, at a specific target or towards a partner.
 - Squeeze the Noodle Bit equally with the thumb and the fingers.
 - Extend the arm towards the target.
 - Release the Noodle Bit towards a space, target or partner.
 - **Catching the Noodle Bit**
 - Track the Noodle Bit with your eyes.
 - Open your hand wide under the Noodle Bit.
 - Squeeze the Noodle Bit gently and softly when it contacts your hand.
- **Set Up/Instructions**
 - Do not break the Noodle Bits apart.
 - Keep Noodle Bits free of dirt.
 - Store in a safe, cool, dry area.

The Games/Activities

• **Activity #1: Individual Skills and Activities**

- a. Launch and catch with the right hand.
- b. Launch and catch with the left hand.
- c. Launch with the right and catch with the left hand.
- d. Launch with the left and catch with the right.
- e. Launch, clap and catch (right, left and switching).
- f. Launch, clap 2X and catch (right, left and switching).
- g. Launch, clap behind your back and in front of you and catch (right, left and switching).
- h. Launch, turn around and catch (right, left and switching).
- i. Launch, touch your head and catch (right, left and switching).
- j. Launch, touch your shoulders and catch (right, left and switching).
- k. Launch, touch your knees and catch (right, left and switching).
- l. Launch, touch two or more body parts and catch (right, left and switching).
- m. Launch, touch the floor and catch (right, left and switching).
- n. Launch two different-colored Noodle Bits, one with each hand, and catch with same hand you launched it with.
- o. Launch two Noodle Bits, clap and catch with the same hand.
- p. Launch two Noodle Bits, touch a body part and catch with the same hand.
- q. Launch two Noodle Bits and catch with the opposite hand (launch in a crossing pattern).
- r. Launch a Noodle Bit into a hoop on the ground; increase the distance of the launch after each successful landing in the hoop.

• **Activity #2: Partner Skills and Activities**

- a. Launch a Noodle Bit to your partner with your dominant hand and have your partner catch it with his/her dominant hand.
- b. Launch a Noodle Bit with your non-dominant hand and have your partner catch it with his/her non dominant hand.
- c. Launch a Noodle Bit through a hoop to your partner.

• **Activity #3: Partner Skills and Activities with 2 and 4 Noodle Bits**

- a. Launch a Noodle Bit with your dominant hand to partner, and catch your partner's Noodle Bit with your dominant hand.
- b. Launch a Noodle Bit with your non-dominant hand to your partner and catch your partner's Noodle Bit with your non-dominant hand.
- c. Launch a Noodle Bit with your dominant hand to your partner and catch your partner's Noodle Bit with your other hand.
- d. Launch a Noodle Bit with your non-dominant hand to your partner and catch your partner's Noodle Bit with your non-dominant hand.
- e. Launch a Noodle Bit to your partner; turn around and catch your partner's Noodle Bit.
- f. Launch a Noodle Bit to your partner; touch a body part and catch your partner's Noodle Bit.
- g. Launch two Noodle Bits (one from each hand) and catch your partner's two Noodle Bits, one in each hand.
- h. Launch two Noodle Bits to your partner in a crossing pattern and have your partner catch both.
- i. Launch two Noodle Bits to your partner in a crossing pattern and have your partner do the same; catch both of your partner's Noodle Bits.
- j. Challenge your partner to a launch and catch to 15 catches; the partner that catches 15 Noodle Bits first is successful.

• **Activity #4: Group Activities** – for groups of three or more, in a circle formation

- a. Launch one Noodle Bit around the group clockwise.
- b. Launch one Noodle Bit around the group counter-clockwise.
- c. Launch two Noodle Bits around the group clockwise.
- d. Launch two Noodle Bits around the group counter-clockwise.
- e. With each person equipped with a Noodle Bit, launch the Noodle Bits around the circle.
- f. With each person launching a Noodle Bit, catch another Noodle Bit.

- g. Line your group up in a straight line with five Noodle Bits at one end of the line. Launch and catch the Noodle Bits until they all reach the other end of the line successfully. If a Noodle Bit hits the ground, that Noodle Bit must start over.
- h. Line up your group in a straight line with each person holding a Noodle Bit. Launch down the line so that no person ever holds more than one at a time. When all Noodle Bits are successfully at the end of the line in a hoop, the task is complete. If any Noodle Bit hits the ground or a person has more than one in their possession, the activity must start over.
- i. See how many Noodle Bits you can balance on one member of your group. If one falls off you must start all over again.



•Activity #5: Body Balance

- a. Objective: A cooperative activity in groups of three or more.
- b. Set Up: Use a class circle formation, with all of the Noodle Bits placed in the center of the circle.
- c. How to Play:
 - Partner #1 stands at the outside of the circle with arms extended out to the side. This partner is the “Balancing Statue.”
 - Partner #2 goes into the circle and picks up one or two Noodle Bits.
 - Partner #2 returns to group and balances the Noodle Bit on Partner #1’s body. A Noodle Bit may not be placed in a pocket or held under an arm. Only Noodle Bits that are balancing count.
 - Partner #3 heads into the circle to retrieve another one or two Noodle Bits and returns to balance on Partner #1.
 - This relay continues until a Noodle Bit falls off of Partner #1.
 - When a Noodle Bit falls, all of them are returned to the center of the circle.
 - Partner #2 then becomes the “Balance Statue” and #1 and #3 continue the relay.
 - If using more than three partners, relay with two partners at a time.
 - If small groups are participating, use only two partners, but allow them to bring back three Noodle Bits.
- d. Extensions:
 - Count the number of balancing Noodle Bits.
 - Have the “Balancing Statue” stand on one foot.
 - See how many different body parts have a Noodle Bit balancing on them.
 - Have the “Balance Statue” balance on two different body parts.
 - Blindfold the “Balance Statue.”
 - Change the locomotor skill e.g. hop, skip, etc. used to retrieve the Noodle Bits from the center of the circle.
 - Challenge another group to a contest of “how many.”

- Challenge another group to how fast they can balance a specific # of Noodle Bits.
- Have two “Balance Statues” connected together and balance the same number on each.
- See how many Noodle Bits you can have balanced on you while moving around.

•Activity #6: Sandwich Maker

- Objective: A cooperative and/or challenge activity using Noodle Bits to squeeze together.
- Set Up: Have groups of four or more arranged in a class circle formation or a straight line relay formation. Partners #1 and #2 will face each other or stand side-by-side with one hand palm-to-palm with the other partner.
- How to Play:
 - Partner #3 retrieves two Noodle Bits and returns to place them between the hands of the connected partners.
 - Partner #4 then retrieves two Noodle Bits and places those between the Noodle Bits or in the hands that are connected.
 - This continues until the Sandwich breaks and the Noodle Bits fall.
 - Then Partners #3 and #4 become the Sandwich holders and partners #1 and #2 retrieve the Noodle Bits.
- Extensions:
 - See how many Noodle Bits you can get into the sandwich.
 - Challenge another group to a sandwich-making task and see who can make the biggest sandwich.
 - Challenge another group to a timed sandwich making contest.
 - Make a vertical sandwich.
 - Place three partners in a row with palms connected and make sandwiches between both palms.
 - Place three partners connected in a triangle with both hands connected on the palms and make the sandwiches.
 - Change the locomotor skill used to retrieve the Noodle Bits.
 - After making a six layer or more sandwich, move the sandwich to the other side of the room or play space.

•Activity #7: Balance Tag Games

- Objective: To keep moving while balancing the Noodle Bits.
- How to Play:
 - Noodle Bit on Back of Hand Tag**
 - Everyone places a Noodle Bit on the back of their hand. While moving around, try to make someone else drop their Noodle Bit by getting into their space. No one may touch another player, but they can get close.
 - If the Noodle Bit falls or is touched by another body part, you are frozen. Someone can unfreeze you by putting the Noodle Bit back in place.
 - When a “Tagger” is involved, they must also follow the Noodle Bit Balance rule or carry a short noodle magic wand (a Noodle Wand cut about 1’ long.) “Taggers” may use the noodle wand to get close but cannot touch the Noodle Bits or person with it.
 - Noodle Bit on Head Tag**
 - Just like Back of the Hand Tag, but the Noodle Bit is balanced on the top of the head. Note: Not to be played where there is a prevalence of “head lice.”
 - Student can pick his/her own Noodle Bit to place back on their head after doing five Jumping Jacks/ Jills to warm-up the muscles.
 - Double Noodle Bit Tag**
 - Balance a Noodle Bit on the back of each hand; you are not frozen until you drop both Noodle Bits.
 - To get back in the game you must find two free Noodle Bits to balance.
 - Balance the Noodle Bits on two different body parts (head and hand, shoulder and elbow).
 - Ocean to Ocean Noodle Bit Tag**
 - Players balancing the Noodle Bits try to get from one side of the playing area to the other without dropping them. If they are successful, they remain there until everyone gets across safely or until all the players that didn’t drop their Noodle Bits make it across. “Taggers” may use the Magic Wands but may not touch anyone. Once you lose your Noodle Bit, stand in that spot and use it to try to make others drop theirs by launching your Noodle Bit at the other player’s hands.
 - Extensions:
 - Use two Noodle Bits to make the game more challenging.
 - Anyone that still has a balancing Noodle Bit may not stand still when they are trying to get from ocean to ocean.

• **Safety Issues & Concerns**

- Do not launch Noodle Bits at others without their permission.
- Do not stand on the Noodle Bits.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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