

Polyspots

Item #743

Teach Movement Concepts and Skills

1. Define self-space/personal space.
2. Create straight, curved, and zigzag pathways.
3. Measure how wide or how long students can extend the body when exploring the concept of ranges.
4. Integrate concepts from other subject areas. Tape shapes, alphabet letters, or numbers on the polyspots. Students use locomotor movements to travel around the gymnasium. At the stop signal, students select a polyspot and use the body to create the shape, letter, or number on that polyspot.
5. Play "Locomotor Shuffle". Tape a different locomotor movement word (run, jump, leap, skip, etc.) on each polyspot. Students perform the movement listed on the polyspot throughout the gymnasium until the next round.
6. Measure the distances that objects travel when thrown or kicked while exploring the concepts of effort and force.
7. Visually cue students to step with the opposite foot when throwing. You may wish to tape a footprint on the polyspot or use footprint polyspots.
8. Establish a ground level contact point when practicing the skill of bouncing a ball with control.
9. Teach relationships with objects (over, on, around, beside, next to, etc.).
10. Visually remind the jumper of the entry location when jumping Double Dutch.
11. Designate various levels in space. Tape polyspots to the gymnasium wall to illustrate the levels of high, medium, and low.

Teach Games and Sports

1. Use as markers to establish boundary lines.
2. Use as bases in field games (softball, baseball, kickball, cricket, etc.).
3. Use as shooting markers for "Hot Shot" basketball. Students shoot from various areas around the key and each polyspot shooting marker has a predetermined point value.
4. Use the polyspots to introduce player positioning on a volleyball court. Poly arrows indicate the direction of rotation. In addition, tape position responsibilities (who serves the ball, who sets the ball, etc.) on the back of each spot.
5. Identify player positions (infield and outfield) for invasion and field games. Once again, you may wish to tape position responsibilities on the back of each spot.
6. Provide game circles for student-designed jumping, hopping, and leaping games (hopscotch). Did you know that in Nigeria, circles are used instead of squares for the hopping and jumping game of Ta Galagala?
7. Use as the potsy in hopscotch. The potsy is the object you toss to mark your space on the gameboard.
8. Introduce a new tossing game—Whoosh Toss or Fling (like ring toss). Using a polyspot as a base, place a small cone on top of the polyspot for a stem. Toss or fling the whoosh ring so it lands over the cone.

Teach Fitness Education

1. Measure your stretch. Use two polyspots as markers for measuring the total stretching distance when performing flexibility activities. Students may bring rulers to class in order to measure the distance between the polyspots. Great stretches to measure are the straddle, the whole body stretch, and the stride stretch. At the end of the class, have the students stretch again and remeasure.
2. Measure your jump. Use one polyspot per jump to mark the distance traveled in one horizontal jump. Have the student jump again and then make a comparison between the two jumps.
3. Make a "Fitness Trail". Tape pictures of various flexibility or muscular strength and endurance activities to each polyspot. Students will travel from polyspot to polyspot performing various activities.
4. Design a "Physical Activity Benefit Course". Students use various locomotor skills to travel from polyspot to polyspot. The back of each polyspot identifies a benefit of being physically active. Students try to get as many benefits as possible in the allotted time.

Teach Dance/Creative Movement

1. Use as props for creative movement performances (in the story Jump Frog Jump!, the spots serve as lily pads).
2. Visually cue students when demonstrating the skill of leaping over an object. Polyspots are a great help when practicing a series of leaps.

Teach Educational Gymnastics

1. Create an "Animal-Walk Safari". Provide students with a fun experience for practicing step-like traveling using the hands and feet (bear walk, crab walk, etc.). Tape pictures of animals on the polyspots. The student will then perform the animal walk depicted on the polyspot he/she selected. At the "change" signal, the student will select a different polyspot animal.
2. Visually cue hand/foot placement when students are learning about wheeling actions (cartwheels or roundoffs).
3. Designate the base of support when balancing on one body part.
4. Visually remind students to keep the center of gravity over the base of support.
5. Use as a spotting technique. Tape polyspot to the gymnasium wall for students working on the concepts of spinning and turning.

Teach Strategy Education (Tactics)

1. Designate the safety areas (rest areas) for tag games when learning about dodging and faking.
2. Create a floor target with varying point values by placing a polyspot inside a plastic hoop. Students will need to choose between scoring more times in the easier target (hoop) or fewer times in the harder target (polyspot).

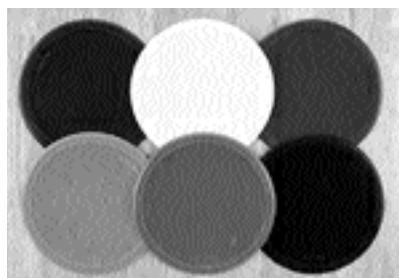
Teach Cooperative/Team Building Activities

1. Use as markers for the activities "Stepping Stones" and "Stepping Stones II".
2. Use as markers for the activity "The Wild River".
3. Design your own cooperative challenges using polyspots.
Examples: How many students can collectively get one foot on one polyspot; how high of a polyspot tower can your team make in one minute; how many polyspots can your team pass from one end of the gymnasium to the other in one minute?

Miscellaneous

1. Assign each student a polyspot outside the movement area to indicate an equipment holding zone. Any equipment not currently being used by the student will be at the polyspot.
2. Use as a writing surface for task sheets or assessments when you are teaching outdoors.

3. Hide messages. Tape motivational messages on one side of the polyspot. When the student turns the polyspot over, he/she finds the hidden message.
4. Use color-coded spots to create teams. At the signal, students must freeze on a colored polyspot. The teacher has a variety of choices for team organization—students all on the same color are one team; take one student from each color for team membership; or, red & green are a team and orange & purple are a team.
5. Designate station areas and activities.



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