

Shaker Sticks

Item #15871

What are the Educational Applications?

The Shaker Sticks are a new piece of equipment that can be used to develop hand-eye coordination, jumping and landing, catching skills, fitness, and rhythms for students in grades K-5. The Shaker Sticks can be vibrated, tossed, used for flexibility exercises and balanced. They are one of the most multi-task pieces of equipment you can have in your inventory. Shaker Sticks are great for classroom, gymnasium, and outdoor activities. Concepts that can be used with the Shaker Sticks include stretching, tossing, catching, shaking, vibrating, jumping, balancing, landing, hand-eye coordination, fitness, and stretching.

How Can I Use This Product With My Students?

This product guide highlights the use of the Shaker Sticks in exploring hand-eye coordination concepts related to tossing, tracking and catching, balancing, jumping and landing, shaking and vibrating, fitness and flexibility. The Shaker Sticks can be used for multiple skills, concepts and activities. The skills progression is easy for teachers in the classroom, physical education programs, recreational activities, and outdoor education programs. This activity guide will give you the basic skills and activities that you need to add Shaker Stickers to your program.

Shaking and Vibrating:

- Vertical Right Hand – Front to Back
- Vertical Left Hand – Front to Back
- Vertical Right Hand – Side to Side
- Vertical Left Hand – Side to Side
- Vertical Right Hand – Circular Clockwise
- Vertical Left Hand – Circular Counter Clockwise
- Vertical 2 Hands – Side to Side
- Vertical 2 Hands – Front to Back
- Vertical 2 Hands – Circular Pattern
- Horizontal Right Hand – Palm Up – Up and Down
- Horizontal Left Hand – Palm Up – Up and Down
- Horizontal Right Hand – Palm Up – Front to Back
- Horizontal Left Hand – Palm Up – Front to Back
- Horizontal Right Hand – Palm Down – Up and Down
- Horizontal Left Hand – Palm Down – Up and Down
- Horizontal Right Hand – Palm Up – Front to Back
- Horizontal Left Hand – Palm Up – Front to Back
- Horizontal Right Hand – At Your Side – Up and Down

- Horizontal Left Hand - At Your Side – Up and Down
- Horizontal Right Hand – At Your Side – Side to Side
- Horizontal Left Hand - At Your Side – Side to Side
- Horizontal Right Hand – Front Circular – Palm Up
- Horizontal Left Hand – Front Circular – Palm Down
- Horizontal 2 Hands – Up and Down
- Horizontal 2 Hands – Front and Back
- Horizontal 2 Hands – Circular Pattern
- Holding one end with right hand and wiggling vertically
- Hold one end with left hand and wiggle vertically
- Holding one end with right hand and wiggle horizontally
- Hold one end with left hand and wiggle horizontally

These skills can be done for a time span (10-30 seconds) or a certain number of shakes. They can be put into class routines to music or a teacher can pick several skills and put them on task cards, the chalk board or listed for a daily workout routine.

Add several of the Shaker Stick routines here:

SHAKER STICK ROUTINE

Good Vibrations—The Beach Boys
Shaker Stick is held horizontal!

- 16 Horizontal Right Hand Shakes – Up and Down
- 16 Horizontal Left Hand Shakes – Up and Down
- 16 Horizontal Right Hand Shakes – Fast Up - Down
- 16 Horizontal Left Hand Shakes – Fast Up -Down
- 16 Horizontal Right Hand Shakes – Slow side to side
- 16 Horizontal Left Hand Shakes – Slow side to side
- 16 Horizontal Right Hand Shakes – Fast Side to Side
- 16 Horizontal Left Hand Shakes – Fast Side to Side
- 16 Horizontal Front with 2 hands – Up and Down
- 16 Horizontal Front with 2 hands – In and Out
- 16 Horizontal Front – Circles
- 16 Horizontal Front – Slow Small Shakes

16 Horizontal Right Hand Shakes – Front Hold End
16 Horizontal Left Hand Shakes – Front Hold End
Vertical
16 Horizontal Shakes – Hold End and Shake
Horizontal

ACTIVITY SET #1 - STRETCHING AND FLEXIBILITY

Hold each end of the Shaker Stick in your hands. If you cannot reach the ends, then hold it with your hands as close to the ends as you can.

- Stretch your arms out in front as far as possible – horizontal
- Stretch to the right side – horizontal
- Stretch to the left side – horizontal
- Stretch to the right side and hold vertically
- Stretch to the left side and hold vertically
- Out in front hold right hand up and left hand down – vertical
- Out in front hold left hand up and right hand down – vertical
- Hold out in front and rotate left and right hand to opposite side to a horizontal position
- Bend at the waist and stretch the Shaker Stick as close to the floor as possible – horizontal
- Hold the Shaker Stick behind you and lift slowly – horizontal
- Stretch your arms above your head as high as possible – horizontal
- Stretch your arms above your head up high and lean back a little – horizontal
- Hold the Shaker Stick vertically and pass it around your body; try to keep your arms out away from your body

One arm stretching activities

- Hold the Shaker Stick with your right hand vertically out to your right side as far out as you can from your body.
 - Bring it to the front as far as you can
 - Bring it to the left side as far as you can
 - Bring it up high to the left side with your arm going behind your head
 - Keeping your arm out straight, bring the Shaker Stick slightly backward
- Repeat all of the above with your left hand and arm.
- Hold the Shaker Stick horizontally in your right hand and bring it in front of you around to your left hand. Grab it with your left hand and bring it around your back to your right hand. Continue the pattern and then reverse the pattern around the other way.

ACTIVITY SET #2 - BALANCE

Stationary Balances

- Balance horizontally across the top of our head
- Balance horizontally across the back of your right hand
- Balance horizontally across the back of your left hand
- Balance horizontally across your right forearm
- Balance horizontally across your left forearm
- Balance horizontally across your right shoulder
- Balance horizontally across your left shoulder
- Balance horizontally across one finger of your best hand
- Balance horizontally across your thigh while balancing on one foot (and switch legs)
- Balance horizontally across one foot while balancing on the other foot (and switch legs)
- Balance horizontally across your back
- Balance horizontally across your nose
- Balance horizontally across your knees while balancing on your seat
- Balance vertically on the back on your right hand
- Balance vertically on the back on the back of your left hand
- Balance vertically on the top of one foot while balancing on the other foot (and switch legs)
- Balance vertically on one finger

Moving Balances: walking forward and backward

- Balance horizontally across the top of our head
- Balance horizontally across the back of your right hand
- Balance horizontally across the back of your left hand
- Balance horizontally across your right forearm
- Balance horizontally across your left forearm
- Balance horizontally across your right shoulder
- Balance horizontally across your left shoulder
- Balance horizontally across one finger of your best hand
- Balance horizontally across your back
- Balance horizontally across your nose
- Balance vertically on the back on your right hand
- Balance vertically on the back on the back of your left hand
- Balance vertically on one finger

Partner Balances (you can try moving with some of these partner balances)

- Balance horizontally on the top of your heads
- Balance horizontally from shoulder to shoulder
- Balance horizontally on the ends of 2 fingers
- Balance horizontally on the top of 2 thighs while balancing on one foot

- Balance horizontally on 2 feet while balancing on the other foot

Multiple Balances (you can try moving with some of these balances)

- Balance 2 Shaker Sticks: one on each shoulder horizontally
- Balance 2 Shaker Sticks: one on each arm horizontally
- Balance 2 Shaker Sticks: one on each back of hand horizontally
- Balance 2 Shaker Sticks vertically one on the back of each hand
- While balancing on your seat, can you balance a Shaker Stick on the back of each hand and the top of each foot?
- How many Shaker Sticks can your partner balance on you?
- In a group of 5 or more, can each person do a different balance?
- In a group of 5 or more, can each person do a balance and stay connected to another person in the group?
- In a group of 5 or more can each person do a different balance and stay connected to another person in the group so the whole group is connected?

ACTIVITY SET #3 - TOSSING AND CATCHING

For this activity mark each end and the middle of the Shaker Stick with a piece of different colored tape. Red, Yellow, and Green show the best.



Hold with one hand horizontally in front of you using your best catching hand:

- Toss the Shaker Stick 12 inches into the air and catch the middle color
- Toss and catch the right side color
- Toss and catch the left side color
- Toss from the middle and catch the right
- Toss from the right and catch the middle
- Toss from the middle and catch the left
- Toss from the right and catch the left
- Toss from the left and catch the right
- Toss and catch from different starting colors for 1 minute
- Change and do all of these of these tosses and catches with your other hand
- Challenge yourself to do these tosses and catches changing hands on each toss and catch

Hold with one hand vertically in front of you using your best catching hand:

- Hold the middle, drop the Shaker Stick and catch the end before the Shaker Stick hits the ground
- Hold the bottom, drop the Shaker Stick and catch the middle before the Shaker Stick hits the ground
- Hold the bottom, drop the Shaker Stick and catch the top before the Shaker Stick hits the ground
- Change and use your other hand
- Alternate hands, dropping with one and catching with the other
- Put together a creative tossing and catching routine. Example: toss red right, catch green left; toss green left, catch yellow right; toss yellow right, catch red left

ACTIVITY SET #4 - SHAKER STICKS JUMPING AND LANDING ACTIVITIES

Individual - One Shaker Stick Per Person

Place the Shaker Stick on the Ground:

1. Face the Shaker Stick and jump over it forward and backward (10X)
2. Jump sideways over the Shaker Stick (10X)
3. Take a short run and jump over the Shaker Stick (10X)
4. Two foot zig-zag jump over the Shaker Stick from one end to the other
5. Straddle the Shaker Stick facing one end; jump up and turn 180 degrees (5X each way)
6. One foot back and forth (10X, then change to other foot)
7. One foot sideways (10X, then change to other foot)
8. Zig-zag one foot, then other foot
9. Stand sideways to the Shaker Stick, jump over it with half turn (10X)
10. Place one foot on each side of the Shaker Stick facing away from the ends; jump and switch feet from front to back
11. Add a second Shaker Stick and do a standing long jump over the first Shaker Stick and then the second Shaker Stick

Partner Jumping - One Shaker Stick Per 2 People

Partner holds the Shaker Stick out in front of them at arms length while the other partner does the jumping. After each jump, the Shaker Stick is raised up 2 inches. This continues until a miss, a

touch of the Shaker Stick, or a fall. Then partners switch places. This way everyone will be working at their own level and not trying to reach other jumpers' heights.

1. Standing vertical jump forward over Shaker Stick, 2 foot take-off, 2 foot landing
2. Standing vertical jump sideways over Shaker Stick, 2 foot take-off, 2 foot landing
3. Short running approach, running one foot take-off, 2 foot landing
4. Short running approach, hurdle the Shaker Stick

Synchronized Partner Jumping - Using 1 or 2 Shaker Sticks per 2 People

1. Using 1 Shaker Stick: partners stand facing the same way and jump over the Shaker Stick together (front/back)

2. Using 1 Shaker Stick: partners stand facing the same way but jump over the Shaker Stick sideways

3. Using 1 Shaker Stick: partners face each other and jump over the Shaker Stick at the same time

4. Using 1 Shaker Stick: partners stand on opposite sides of the Shaker Stick facing each other and jump over at the same time front and back

5. Using 1 Shaker Stick: partners stand on opposite sides of the Shaker Stick, facing sideways and jump sideways over the Shaker Stick and back

6. Using 1 Shaker Stick: partners face each other, straddle the Shaker Stick, hold hands, jump and switch places



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