

Timer Tops

Item #14191

Activity: Activity Motivator, Fine Motor Skills Development

Grades: K-12 Physical Education, Classroom, and Recreational Settings

Overview: The Timer Top is an exciting new piece of equipment that can be used to motivate students to perform physical skills, fitness activities, and group actions. They can be integrated into physical education, classroom, and recreational settings—to be used by individuals, small groups, or full classes. Timer Tops are used to challenge students to perform activities in a time span, limit the duration of an activity, and challenge students to complete a certain number of activities in the time allowed by the spinning top.

Individual Timer Top Tasks

The Timer Top is spun by a student and the student tries to complete a task before the it stops spinning. These tasks can be:

- Locomotor skills—walk, run, skip, jog, gallop, jump, slide
- Non-locomotor skill—shake, bend, twist, reach, wiggle, turn, touch
- Fitness—curl-ups, push-ups, jog, jumping jacks, stretch
- Skill tasks—dribble, shoot, hit, bounce, catch, strike, throw, kick

Group Timer Top Tasks

The Timer Top is spun by one student and the group must perform or achieve the task or level of activity. After each activity is completed, a different group member spins for the next activity.

- Movement skills—jog, run, move in different ways, dance
- Sports skills—toss and catch, kick and gather (trap as in soccer or catch as in football), shoot, hit, pass, dribble
- Fitness—group sit-ups, push-ups, jumping jacks, run

Assorted Timer Top Activities

Here are some great ideas to use with your TimerTops:

Bouncing Ball Activities

Spin the top and see how many times you can do the following bouncing ball skills before the top stops and then try each activity for one spin of the top each.

Spin the top and:

- Dribble the ball with your dominant hand
- Dribble the ball with your other hand
- Dribble the ball switching hands
- Dribble the ball changing levels of the dribble
- Dribble the ball while jogging
- Dribble the ball as low as you can
- Dribble the ball while moving sideways right and left
- Dribble the ball around your body
- Dribble the ball between your legs
- Dribble the ball in a creative routine

Balloon Skill Activities

Spin the top and see if you can do the following balloon skills until the top stops, then try each activity for one spin of the top each.

Spin the top and:

- Keep the balloon up in the air with your hands
- Tap the balloon between your hands
- Tap the balloon up with your 10 fingers
- Keep the balloon up using your elbows
- Keep the balloon up using your head
- Kick the balloon up in the air
- Toss the balloon up and jump up and catch it
- Keep the balloon up with your hands while moving forward and backward
- Keep the balloon up using different body parts on each hit
- Hit the balloon up and do push-ups until it comes down

Beanbag Activities

Spin the top and see how many times you can do the following beanbag skills before the top stops and then try each activity for one spin of the top each.

Spin the top and:

- Toss and catch the beanbag in one hand
- Toss and catch with the other hand
- Toss with one hand and catch with the other
- Toss, clap 3 times, and catch the beanbag
- Toss and catch a beanbag with each hand at the same time
- Toss 2 beanbags and catch in opposite hands
- Toss the beanbag; touch your head, knees, and shoulders and catch it
- Toss and catch the beanbag behind your back
- Place the beanbag on your foot, flick it up, and catch it
- Toss the beanbag, turn around and catch it

Fitness Activities

Spin the top and see how many times you can do the following fitness activities before the top stops and then try each activity for one spin of the top each.

Spin the top and:

- Stretch your body
- Do sit-ups
- Jog in place
- Take your pulse
- Do push-ups
- Stretch your arms and shoulders
- Do jumping jacks
- Stretch your legs
- Sit and reach
- Walk fast

Jump Rope Skill Activities

Spin the top and see if you can do the following jump rope skills until the top stops and then try each activity for one spin of the top each.

Spin the top and:

- Jump rope forward jumps
- Jump rope backward jumps
- Jump rope on 1 foot forward
- Jump rope on 1 foot backward
- Jump rope while moving forward
- Jump rope crossing forward
- Jump rope with 2 people in a rope with 1 turning
- Jump rope with 2 people both turning the rope
- Jump rope with 2 people, 2X2
- Jump rope with 2 people, both turned backwards

Locomotor Skill Activities

Spin the top and see if you can do the following locomotor skills until the top stops and then try each activity for one spin of the top each.

Spin the top and:

- Walk fast
- Gallop
- Skip
- Jog in place
- Slide sideways, both right and left
- Move changing speeds (fast, medium, and slow)
- Move changing patterns (straight, curved, and zig-zag)
- Move changing levels as you move
- Bounce forward, backward, and sideways
- Hop on one foot and then the other foot

Non-Locomotor Skill Activities

Spin the top and see if you can do the following non-locomotor skills until the top stops and then try each activity for one spin of the top each.

Spin the top and:

- Shake your arms and legs
- Stretch up high, stretch low, stretch to the side
- Do the twist
- Wiggle different parts of your body
- Bend as many body parts as you can

- Roll your shoulders forward and backward
- Swing your arms forward, backward, and side to side
- Squeeze your right and left hand open and closed
- Sit and lift your seat off the ground
- Flex as many muscles as you can

Can You?

Individually or as a group...

- Touch the middle of all 4 gymnasium walls before the top stops
- Skip around the perimeter of the gymnasium before the top stops
- Touch all 4 gymnasium corners using a different locomotor skill going to each corner before the top stops (run, skip, gallop, hop, slide)
- Shake hands with 20 people before the top stops
- Touch North, South, East, and West then South, East, North, and West before the top stops
- Travel to each gymnasium door using a different direction (forward, backward, sideways) before the top stops
- Travel to each corner of the room using a different pathway (straight, curve, or zig-zag) before the top stops
- Skip the length of the room forward, backward, and sideways before the top stops
- Do 10 sit-ups, 10 push-ups, and 10 jumping jacks before the top stops
- Circle 10 different people before the top stops





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