



Pick some spots, join the dots

Players identify a set number of spots (spatial placements) around the room, then devise ways of linking or sequencing the various spots with different types of travel.

What you need

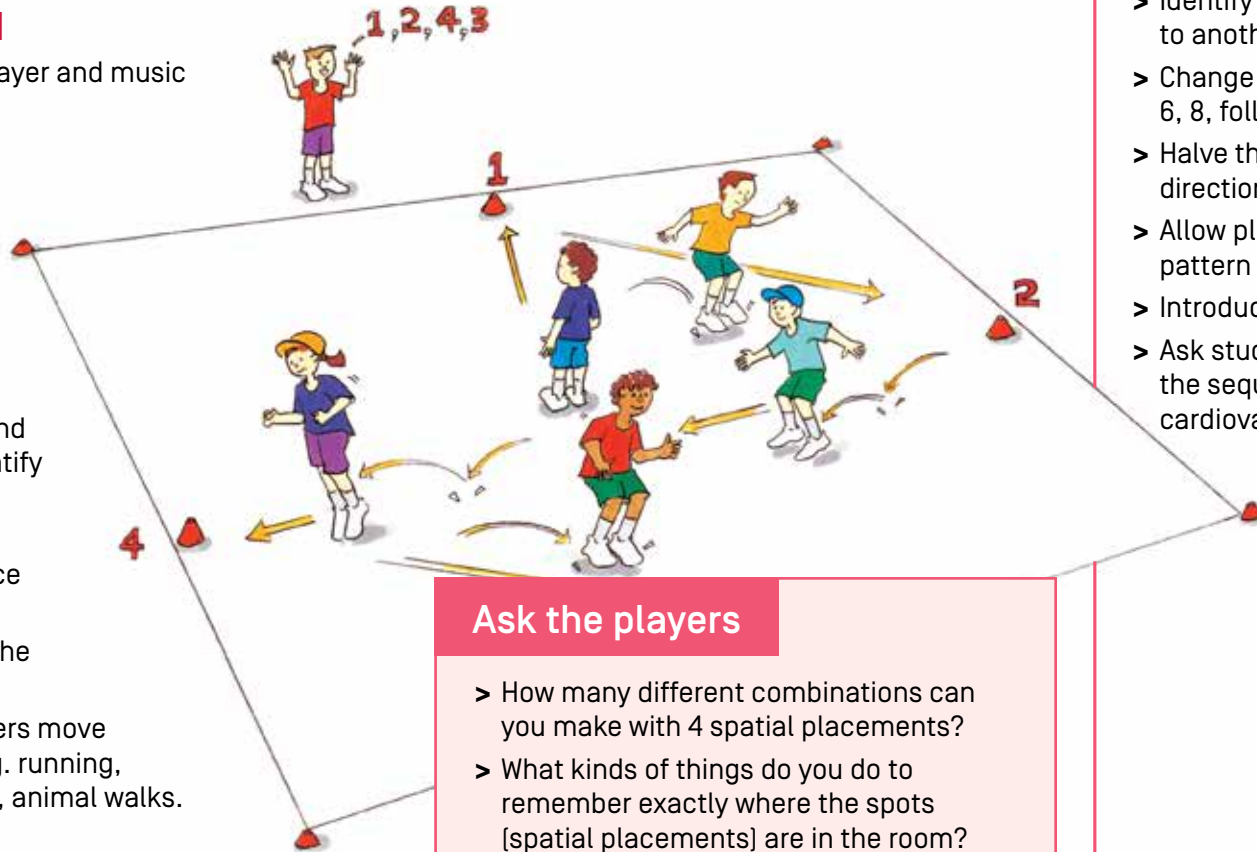
- > Optional: Music player and music

What to do

- > Players walk around the room and identify and name 4 spots (e.g. 1, 2, 3, 4).
- > Call out a sequence (e.g. 1, 2, 4, 3).
- > Players then link the spots called.
- > Vary the way players move between spots e.g. running, skipping, jumping, animal walks.

Safety

- > Players must be aware of others when moving between spots.
- > Start with slow walking before experimenting with variations in travel speed or style.



Ask the players

- > How many different combinations can you make with 4 spatial placements?
- > What kinds of things do you do to remember exactly where the spots (spatial placements) are in the room?
- > Which movements made your legs the most tired?
- > Which movements made you puff the most?

Change it

- > Increase the number of spots.
- > Identify harder ways of moving from one spot to another (e.g. turning).
- > Change the sequence e.g. even numbers 2, 4, 6, 8, followed by odd numbers 1, 3, 5, 7.
- > Halve the amount of space and adjust the direction and distance of established spots.
- > Allow players to repeat the same spatial pattern until they can remember it.
- > Introduce music.
- > Ask students to repeat the sequence or make the sequence longer to develop muscular/ cardiovascular endurance.

LEARNING INTENTION

Pick some spots, join the dots is an activity that aids decision-making, spatial recall, spatial length and distance. It is a good introduction to many dance activities.

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS
CARDIOVASCULAR ENDURANCE

MUSCULAR ENDURANCE
STRATEGY AND PLANNING

REASONING
PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMP008
ACPMP025
ACPMP043
ACPMP061