

ACTIVITY SHEETS

SPOT MARKERS

Activities suitable for Prep to Year 4.

Scatter Spot Markers around play area. Call out different activities for different markers:

- Touch a red marker with your knee.
- Touch a red marker with your right knee.
- Touch a red marker with your knee and elbow.
- Touch a red marker with your right knee and left elbow.
- Run to a marker and touch it with a different body part each time.
- Touch red markers only. Use a different body part each time.

Call out a locomotor movement and have children move around the markers. On "freeze" jump on a free marker and hold a balance for a 3 second count or make a 4 point bridge over the marker. Jump over as many markers as you can in a 10 second count.

Remember to watch at all times where you are going!

Use spots as "floor spots" or "home spots". Use signals for the children to travel away from home, perform a task and return to hold a balance on their home spot.

Use spot markers to mark distances. For example, one partner overhand throws a beanbag, the other partner marks the distance thrown. One partner punt kicks the ball, the other partner marks the distance.

Use spot markers to designate court position for volleyball, basketball when teaching different zone defences like a 2-1-2; baseball or cricket positions for fielding, and so forth. Use spot markers for team organisation: Red team in a file behind the Red spot: Yellow team at the Yellow spot, Orange team at the orange spot, etc.

PRACTICAL USES IN PHYS ED & SPORT-

BASKETBALL

Use within skills practice eg: bouncing basketballs in and around markers without the risk of slipping on or tripping over witches hats or domes. Position students around the court using non slip markers. Use with more advanced students eg. positioning of zone defence. Basketballs bounce evenly on the makers.

NETBALL

Use within skills practice eg: goal shooting from three SEPARATE positions. Position students around the court using non slip markers. Especially useful in teaching students not familiar with netball exactly where to stand for start of play. Use with more advanced students eg. positioning specific to offensive moves/plays.

HOCKEY

Use within skills practice eg. dribbling hockey balls in and around obstacle course without the risk of slipping on or tripping over witches hats or domes. Also prevents the need to constantly re-positions witches hats that have been knocked over. Useful in setting positions to dribble to and shoot for goal. Use with more advanced students eg. positioning of players for penalty corners.

SOCCER

Similar usage as per netball and hockey above.

CRICKET

Useful in training a representative team eg: marking out a bowlers run-up or positioning wicket keepers and slips in effective catching positions.

ATHLETICS

Many examples in skills practice or training such as marking out a long jump approach, demonstrating an arced approach for high jump, or highlighting a baton changeover position.

WARM-UP ACTIVITIES

Various uses in pre-lesson warm-ups such as musical chairs, sharks and islands alternatives, rob the nest, etc.