

# ACTIVITY SHEETS

## ZIG ZAG MATS

### General Application

- Used as individual workout mats in circuits / yoga / stretching exercises.
- Joined together to perform activities whereby padded floor is required. ie. Martial Arts / Self Defence.

### Activities

#### Island Hopping

- Place 4 mats (same colour) joined together to create different islands in a Baseball diamond setup.
- Using Boot ball as the main game, each player on the kicking team must try and get to the next island before the ball is returned to the pitcher. Once you have reached the island safely, you must have some part of your body on the island at all times.
- Based on Baseball base running, however you are not forced to run to the next island until you feel that your team would be safe to proceed.
- You could all choose to run together or individually, until you are all home. For each person that makes it home, one point is awarded to the team.
- Variations: Throw Ball, random places of bases, variety of striking / kicking methods

#### Musical Mats

- When music stops the children are required to sit on a specific coloured mat. Each time a child doesn't make it to a mat when the music stops, one mat is removed.