

# Hot Spots



The use of spot markers cannot be underestimated. As well as providing a wonderful visual guide for children they can be used in a multitude of ways including teaching young children to identify their colours.

Use them instead of hoops as a 'safe' place for children to stand and complete activities or place them as a trail for children to follow.

## Hot Spot Activities (Under 5s)

### Static Balance

- Practice on balance circuit – Put out balance equipment to make a circuit including hot spots. If children are finding it easy add a bean bag to their head.
- Frogs and Flies- Half the group are 'flies' and the other half are 'frogs'. The flies 'fly' through the area, while the frogs jump from lily pad to lily pad (hot spots). On a signal, flies and frogs freeze and balance and the frogs stretch out (without coming off their lily pad) and try to catch the flies. If caught swap places.
- Obstacle Course- Set up a hot spot obstacle course using hot spots for when they are on the ground and then equipment they can climb over, go under, around etc.

### Locomotion

- Musical Spots- Scatter the hot spots around on the ground. Get the children moving around the spots to the music using a different locomotor movement each time. When the music stops they have to jump onto a spot. To make this harder slowly remove spots each time, or call out a certain colour spot they have to go on.
- Hot lava pools- Set up a space with scattered hot spots laid on the ground to represent hot lava pools. Children must leap over the pools so their feet don't get burnt.
- Jumping Circuit- hot spots, mini hurdles, jumping sacks, rope for walking along and jumping over, ladder etc.
- Hop Scotch- First practise hopping from spot to spot. Then create your own hopscotch game.
- Set up some hot spots on the ground with enough of a gap that the children can go around using different animal walks. Move from one side of the area to the other using the animal walk that the teacher calls out.

### Manipulation

- Target practise using hot spots and beanbags.
- Practise bouncing a ball on a hot spot- two hands and catch; two hands continuous; dominant hand continuous; non-dominant hand continuous.
- Spread out lots of hot spots. Children have to move about with the balls in the space, without touching any of the spots (they are burning lava spots). When the whistle blows the lava stops burning and the children can bounce their ball in the equipment. Change the way they move around the lava spots- walk, hop, skip, jog, jump etc.
- Hot spot golf- Have hot spots spread out in a circuit. Children have to throw a beanbag towards the next spot with the aim to get it on the spot. They continue until it lands on the spot. Once this happens they continue on to the next spot. For older children get them to count how many throws it takes for them to get it on each spot.

## Body Awareness and instructions

- Get the children to move around using different movements (add in music if you want). On a certain signal call out a body part and they have to go and put that body part on a hot spot. To make it harder call out a certain colour as well as the body part.
- With different coloured spots on the floor, give children instruction to go and touch a ... (blue) coloured spot. Add in two instructions and then increase to three if able.

