

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 (5 - 12 year olds)

Locomotor

Frog Circuit

Equipment- Enough spot markers for one per child

Set Up- Randomly place the spots around the space leaving room for children to move between. Link a movement to each specific coloured marker – blue – jump to the sky, red – one foot balance, yellow- star jump, green – toe taps.

Activity- Children to move around the room (staying off the markers) using a variety of locomotor movements. On a signal children move to the nearest spot and depending on the colour complete the appropriate exercise until the teacher says stop.

Memory Lane

Equipment- Enough spot markers for one per child.

Set Up- Place spots around a space ensuring there a two together at all times.

Activity- Children move around using a variety of locomotor movements. On a given signal children move onto a marker. Facing their partner, teacher calls out a task –

- High five right
- High five left
- Low five right
- Low five left
- High ten
- Low ten

Teacher starts with one movement and each time the children move around, add another movement to the previous one.

Hop Scotch

Make up a variety of hop scotch patterns using different coloured spots.

Follow the Leader

Lay out a trail of spots. Children follow the leader doing a variety of different locomotor activities along the way.

Balance

Push Away

- Place spots approximately one metre apart.
- Students stand on spots, facing partner, with palms together and try pushing each other off balance.
- Progression – hold a ball between the two and try pushing partner off balance.

Bench / Beam Walking

Place spots on beam or benches and students step / hop / jump over each spot or alternatively leap from spot to spot.

Spot Four Square

Using a standard four or six square, place a spot in each one. This is the target for children to aim for with their ball.