MOVEMENT CENTER IDEAS

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Movement centers can be created in a small space by using a sheet to designate the space or tape boundary lines onto the floor or carpet. Students are able to use the equipment within the movement center. If equipment moves out of the boundary area, it should be retrieved and be brought back within the boundary before play resumes. The following are activity ideas that require limited materials and can be structured for students needing more concrete boundaries during play activities. Before having students independent in a center, they should be instructed as a group how the activity in the center should be completed, safety rules or rules of the center. After the initial instruction, the center should be self-directed. For those students needing more structure that can be incorporated into the center set-up. You can use Stop and Go cards or carpet squares, use visual cues where objects should be placed in the center and designate when the student has completed the center.

1. THROWING ACTIVITIES
   a. Materials: basket of various balls and 3 bowling pins.
      Set up 3 bowling pins as targets, the student chooses an object to throw at the pins. Throwing continues until the basket of balls is empty or until all of the pins are knocked down. Use a washable marker on the sheet- draw a circle where each of the bowling pins should be placed, a spot where the student should stand and a spot where the box of balls should be placed. When this station has been completed simply wash the sheet and begin with another station.
   b. Materials: basket of balls, small hoop and footprints.
      This station is similar to the above station except that students are throwing into the hoop or through the hoop if the hoop is standing. You can draw footprints on the rug to designate different places for the students to stand when throwing.
   c. Materials: Velcro balls at a velcro target.
      The target can either be laid on the floor or hung for two different targets. K-Mart has a Dart Ball game which is a 24" target with three velcro tennis balls for approx. $15.00.
   d. Materials: Bean bags, coffee cans or baskets.
      Bozo's Grand Prize Game- line the cans up in a row so the student is able to almost drop the bean bag into the first can and gradually increase the distance of the throw for the
remaining cans. Pictures may be attached to the cans for added excitement, can you throw into the dinosaur can, the dog can, etc.

d. **Materials:** yarn balls, various targets- seasonal blow-up toys.
Have students throw yarn balls and try to knock over the blow-up toys. Using washable markers draw areas where the yarn balls should be placed and where the targets should be placed.

e. **Materials:** Various throwing objects, various shapes as targets.
Have students choose the object to throw and try to decide which shape they will throw at before they begin their movement. the shapes can be those that they are working on (circle, square, triangle) or they can be more seasonal in nature.

2. **SHAPE ACTIVITIES**

a. **Materials:** dice with shapes on each side (this can be made-directions to follow), smaller versions of the same shape (either draw them onto the sheet or use cut-out shapes), bean bags. Scatter the shapes on the cloth. Have the student roll the dice and either touch the shape or toss a bean bag onto it.

b. **Materials:** same as above with a dice that has body parts (arm, foot, knee, elbow, bottom, etc). Roll the body part dice and the shape dice. Students match the body part onto the shape on the sheet. *** This is a more advanced center idea.

c. **Materials:** shapes of various sizes and kinds
Have students sort and match shapes.

3. **FOOTPRINTS/HANDPRINTS**

a. **Materials:** several foot and hand prints either cut out or drawn on the sheet.
Set up various patterns for the students to walk on.

4. **BALANCE BEAM**

a. **Materials:** 2x4" balance beam, bean bags, objects to carry. Lay a balance beam on the wide side. Have students walk forward, backwards and sideways down the beam. Place 2-3 bean bags at varying distances down the beam for students to step over. Have the students walk and carry something down the beam.

5. **OBSTACLE COURSE**

a. **Various objects for students to move: over, under, through.** Arrows may be helpful to create a path to follow.