POLYSPOT ACTIVITIES

• Put polyspots down in a circle. Give each student space between the spots.

• Have each student stand on a spot.
  Do the following movements:
  March, jump (feet together), stand on tiptoes, run in place

• Move off and on the spot

• Jump over the spot

• March around the spot

• Gallop around the spot

• Walk on tiptoes around the spot

• Walk backwards around the spot

• Make a bridge over the spot

• Walk around all the spots and return to your own spot

• Scatter around the space and run back to your spot on command.

• Set the spots in a pattern to do hopscotch

• Call out a certain color and have the students move to that color

• Musical Spots-remove spots but not children. They end up sharing the spot.

• Targets-toss objects onto the spots. Set some closer to the students