Pick some spots, join the dots

Players identify a set number of spots (spatial placements) around the room, then devise ways of linking or sequencing the various spots with different types of travel.

What you need

> Optional: Music player and music

What to do

> Players walk around the room and identify and name 4 spots e.g. 1, 2, 3, 4.
> Call out a sequence e.g. 1, 2, 4, 3.
> Players then link the spots called.
> Vary the way players move between spots e.g. running, skipping, jumping, animal walks.

Change it

> Increase the number of spots.
> Identify harder ways of moving from one spot to another (e.g. turning).
> Change the sequence e.g. even numbers 2, 4, 6, 8, followed by odd numbers 1, 3, 5, 7.
> Halve the amount of space and adjust the direction and distance of established spots.
> Allow players to repeat the same spatial pattern until they can remember it.
> Introduce music.

Safety

> Players must be aware of others when moving between spots.
> Start with slow walking before experimenting with variations in travel speed or style.

Ask the players

> How many different combinations can you make with 4 spatial placements?
> What kinds of things do you do to remember exactly where the spots (spatial placements) are in the room?

Learning Intention:

Pick some spots, join the dots is an activity that aids decision-making, spatial recall, spatial length and distance. It is a good introduction to many dance activities.