



Pick some spots, join the dots

B

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

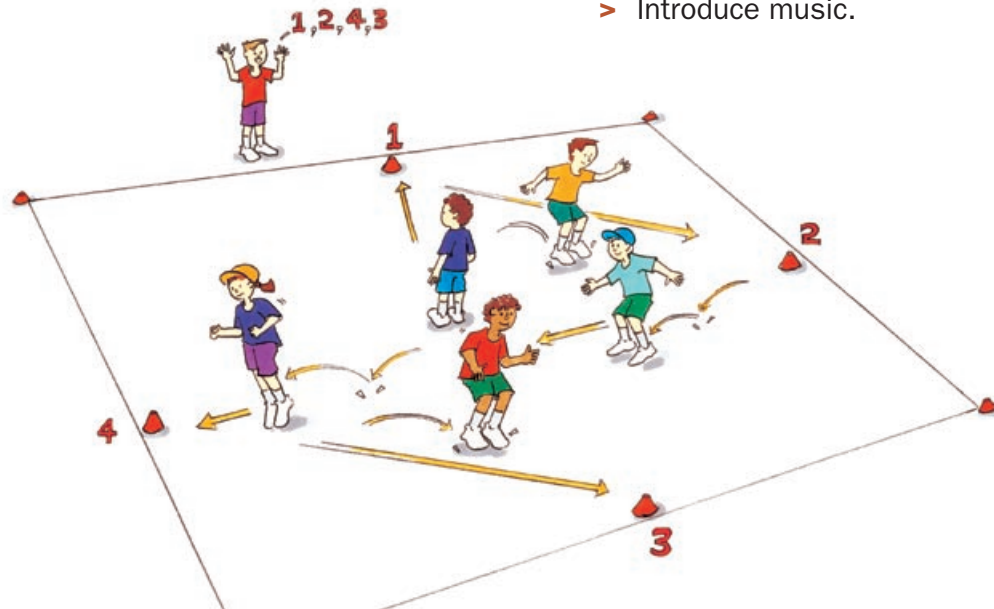
- > Optional: Music player and music

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?

LESSON LINK

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.