

# Joint Co' Motion

Item #39071, 39072, 39073, 39074, 39075



- **Overview.** Encourage your client's imaginative play, visual-motor coordination, body boundaries and more! Just have him/her step inside this stretchy, translucent fabric with a touch-fastener opening. Heightens movement creativity, balance, spatial awareness and concepts, and calmness - all within a protective hiding experience! Washable. A variety of different sizes are available.
- **What Are the Educational Applications?**
  - Helps teach movement concepts to younger students. Some examples of movement concepts include body awareness, spatial awareness, etc.
  - Focuses on coordination improvement. It is important to understand how to manipulate the body and use motor control. By focusing students not only on moving, but on the relationship their body has with its surroundings, a higher level of success will be achieved. Moreover, movement and spatial awareness translate into daily routine, as it is used in almost every aspect of activity, from dancing to typical sport movements to daily functioning.
  - Allows students to have a higher perception of body awareness because it restricts some range of motion and movement space to shift the focus to other adaptations.
  - Easy to incorporate as a differentiated instruction tool.
- **How Can I Use This Product With My Students?**
  - **Where:** Can be used indoors or outdoors.
  - **Age:** Can be used with various ages and skill levels. Appropriate for ages as young as three years, if they have mastered motor skills.
  - **Group Size:** From one person to a group of 10 people.
  - **Basic Skills Needed:**
    - Demonstrate proper technique prior to allowing students to use equipment.
    - Make sure students understand how to carefully get in and out of Joint Co' Motion.
    - Student should be able to move in different ways in a restrictive environment.

## The Games/Activities

- **Activity #1: Stretching**
  - a. **Objective:** To get acquainted with working inside the Joint Co'Motion.
  - b. **How to Play:** While inside the Joint Co'Motion, stretch in the following ways:
    - As wide as possible.
    - As high a possible.
    - On one foot.
    - Get as small as you can.
    - Make different shapes with your body, i.e. a "Y" or a "V."
- **Activity #2: Log Roll/Pencil Roll Stretch**
  - a. **Objective:** And away we roll!
  - b. **Set Up:** Only one person should be on the mat at a time. The student will step into the Joint Co' Motion then lay down at the top part of the gym mat.
  - d. **How to Play:** Keeping the body as straight as possible with arms and legs extended straight from the body but with legs touching and arms near ears or arms held close to the torso, the student can roll down the mat, stop at the bottom, then slide off to the side and get back in line. If you have multiple Joint Co' Motions, students do not need to switch out of the item, but if there is only one it may be beneficial to have a student go a couple times in a row.

### • Activity #3: Jumping in Place, Jumping in Motion

- a. **Objective:** Perform five of each jump in place while standing on a poly spot marker.
- b. **Set Up:** Advise students to bend their knees when landing. Have them attempt to jump and land at the same spot marker.
- c. **How to Play:**
  - **Star Jumps** - Arms and legs go out to the side as extended as possible while remaining in the Joint Co' Motion when they jump in the air (almost like jumping jack in air).
  - **Straight Jumps** - Jump straight in the air with arms and legs squeezing toward the core while inside the Joint Co' Motion like a pencil.
  - **Half Turn Jump** - Jump straight up in air then turn your head and hips in the same direction a half turn using arms as a pump by moving them fast in the turning direction and raising them so elbows are near ears.
  - **Full Turn Jump** – Try the same jump, but with a full turn.
- d. **Extension:** Try doing each jump all the way down a panel mat “sticking” the landing each time. Students can either jump for height or distance.

### • Activity #4: Hollow Holds

- a. **Objective:** To work the core muscles of the body, and flexibility.
- b. **Set Up:** Have students lay flat on stomach while in Joint Co' Motion.
- c. **How to Play:** Students will jump from a starting line to the finish line, similar to a potato sack race but with the entire body encased in the sleeve. Students must carefully get in and out of the Joint Co' Motion when transitioning the player who is racing.

### • Safety Issues & Concerns

- Make sure Joint Co' Motion is securely closed and worn correctly, and not too tight around the neck.
- Do not allow students to stand near each other when using Joint Co' Motion.
- Do not allow students to pull on Joint Co' Motion, as this can result in the item coming apart.
- Students should be aware and alert when using Joint Co' Motion.
- Students should wear the proper size Joint Co' Motion to fit their body.
- Students should only use in large personal space and pay attention to landings.
- Make sure students are not on a slick surface.
- Make sure students can safely and easily get in and out of Joint Co' Motion on their own.
- Make sure students do not enclose entire body in Joint Co' Motion - their head should always be outside.

### Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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**In the US:** FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey 07604-3116 Phone 800.793.7900 201.288.7600 Fax 800.793.7922

**In Canada:** FlagHouse Canada, 235 Yorkland Blvd., Suite 105, North York, Ontario M2J 4Y8 Phone 800.265.6900 416.495.8262 Fax 800.265.6922

**International Customers:** FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey, 07604-3116 USA Phone 201.288.7600 Fax 201.288.7887