

# Numbered Junior Spots

Item #15714



- **Overview.** These neoprene square spots are perfect for all kinds of station activities, games and more. The Numbered Junior Spots have unlimited applications. They can simply be markers for students or as complex as a math game involving a sport skill such as dribbling. Set includes 30 numbered 4" spots, 5 each in red, blue, green, yellow, orange and purple; and a wrist pouch for easy transport.
- **What Are the Educational Applications?**
  - The Numbered Junior Spots are a great tool for fitness warm up games and help reinforce sport skills, an important component of a Physical Education program. A well-rounded physical education program includes biomechanical fundamentals as well as the components of fitness. Numbered Junior Spots can be used in any physical education lesson whether it is sport or fitness related.
  - They promote critical thinking while performing fitness activities. Mathematics can be incorporated into any unit or lesson with the Numbered Junior Spots, therefore reinforcing classroom instruction.
  - Numbered Junior Sport create spatial orientation.
  - The spots may be used for a warm up, an individual activity, a team challenge, or simply as markers to help orient students.
- **How Can I Use This Product With My Students?**
  - **Where:** Can be used indoors and outdoors.
  - **Age:** Appropriate for any age.
  - **Group Size:** 1- 50
  - **Basic Skills Needed:**
    - Can be used with any movement or sports skills.
    - The activities are fun and incorporate other educational skills such as counting, sequencing, math operations and sorting.
    - Partner and teamwork activities can be adapted for any skill or fitness level.

## The Games/Activities

- **Activity #1:: Locomotor Warm Up**
  - a. **Objective:** Math in motion.
  - b. **Set Up:** Students are grouped according to class size with no fewer than two students per group. Numbered Junior Spots are scattered randomly in activity area.
  - c. **How to Play:** The class is given a locomotor movement (i.e. skipping, jumping, galloping, walking) and each group is given a number from 1-30. The first student in the group performs the locomotor movement to find that number, touches the spot with his/her foot, and performs the locomotor movement back to the group. DO NOT pick up spots and bring back to group. The next group member repeats the process for the next sequential number. For example, if John is first with the #21 then Sally who is second must find #22 and so on. Students continue until teacher calls to stop or changes the locomotor movement. If the group reaches the #30 they simply continue starting at #1.

d. Extensions:

- **Odds & Evens:** Same as above but after the first student, subsequent students repeat the process by touching the next odd/even sequential number. For example, if John is first with the #21 then Sally who is second must find #23 and so on.
- **Skill Reinforcement:** The class is given a sport skill and equipment for each group (i.e. dribble a basketball, self-underhand throw/catch, dribble hockey pucks) and each group is given a number from 1-30. The first student in the group performs the skill to find that number, touches the spot with his/her foot, performs the skill back to the group, and gives the equipment to next in line. The following skills can be utilized in this activity:
  - Dribble a basketball
  - Dribble a hockey puck
  - Dribble a soccer ball
  - Underhand self toss throw/catch
  - Roll a ball
  - Juggle scarves
  - Scooter play
  - Paddle/Tennis underhand self hit

• **Activity #2: Mini Golf**

- a. Set Up: Numbered Junior Spots are spread out around the activity area to create a golf course. The spots designate the starting point for students to putt from. The teacher creates different types of holes at different distances for the students to putt towards. Some examples: a jersey can act as a sand trap; jump ropes can be the rough.
- b. How to Play: Students are partnered or grouped in three (try to keep groups no larger than four to decrease wait time). The teacher starts each group at a different hole. Students take turns going first. The first golfer stands on the Numbered Junior Spot and putts toward the hole. His/her partner then takes the next shot and they continue to take turns until the ball goes in the hole/cup. Groups move around the golf course following the next sequential spot number.

• **Activity #3: Steppin'**

- a. Objective: To walk (or perform any other locomotor skill) and step on the Numbered Junior Spots.
- b. Set Up: Place all the Numbered Junior Spot around the activity area, keeping them approximately four feet from each other.
- c. How to Play: The participants begin to walk around the area and the instructor tells them which foot to use to step on the Numbered Junior Spot while they keep walking. Every minute the teacher changes part of the task. Examples:
  - *Walking:* right foot, left foot, alternating left and right
  - *Jogging:* right foot, left foot, alternating left and right
  - *Skipping:* right foot, left foot, alternating left and right
  - *Galloping:* right foot, left foot, alternating left and right
  - *Sliding sideways:* right foot, left foot, alternating left and right
  - Stepping with the same foot as another person at the same time on the edge of the Numbered Junior Spot

• **Activity #4: Collecting the #s**

- a. Objective: To collect the proper #s and bring them back to your team.
- b. Set Up: Spread the numbers in the activity area and have teams of 2-4 players lined up outside or on the edge of the playing area.
- c. How to Play: The instructor gives the group a number and on the signal, Player #1 enters the area and collects a number to bring back to the team. Then the second player enters the area and collects a second number and brings it back. This rotation continues until the team collects the correct numbers that meet the criteria that the instructor told the group to collect. Examples:
  - Instructor gives the direction to collect numbers that add up to 24. Students then collect the numbers that add up to 24.
  - Collect numbers that add up to 200.
  - Collect 12 even numbers.
  - Collect 4 prime numbers.
  - Collect 4 numbers divisible by 5.
  - Collect numbers that alternate addition and subtraction and equal to 30 ( $25 - 5 + 12 - 2 = 30$ ).

• **Safety Issues & Concerns**

- Equipment is made out of neoprene so make sure students are aware they can slip.
- Keep the dark side on the ground with the numbered side up.

**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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