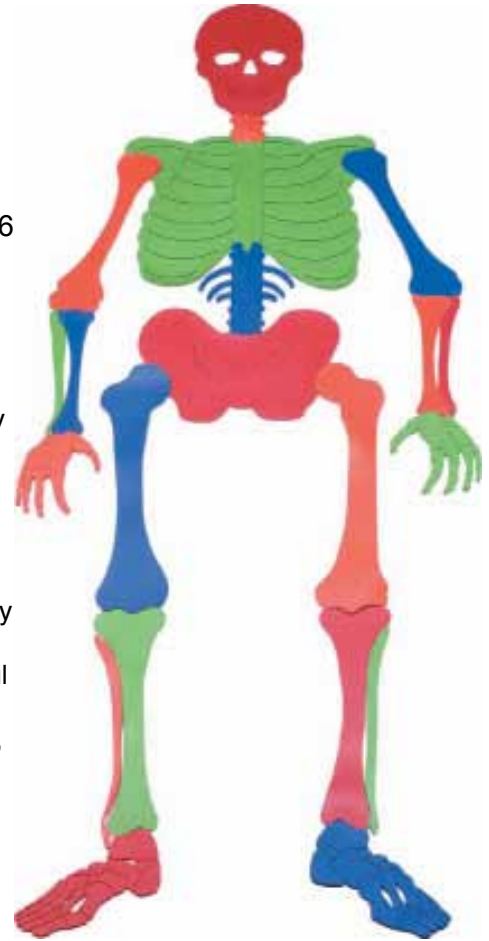


# Poly Skeleton Puzzle

Item # 11116

- **Overview.** A great teaching aid for beginners learning the bones of the body. The 7' skeleton puzzle is like the real thing! Teach your students the bones of the human body while creating relay games and other team problem-solving activities. The Poly Skeleton Puzzle encourages hands-on learning and active play. Durable, non-slip vinyl holds on any clean, dry surface.
- **What Are the Educational Applications?**
  - It provides differentiated challenges and promotes motor skill acquisition.
  - It is important for students to understand the various parts of the body and be able to identify the parts correctly. If the process is done in a kinesthetic learning environment, it gives students a more meaningful education.
  - When dealing with multiple intelligences and different learning styles, a teacher should understand that rote memorization from lecture is not always the best way to teach information. When you make learning more interesting for children, the retention level increases.
- **How Can I Use This Product With My Students?**
  - **Where:** Can be used indoors and outdoors.
  - **Age:** Appropriate for multiple ages and levels.
  - **Group Size:** Varies based on activity.
  - **Basic Skills Needed:** It does not require a high physical skill ability level to use because it is more of an instructional aid to help with concept comprehension. However, in order to be successful, it is imperative that participants pay attention to the basic knowledge being presented.
- **Set Up/Instructions:**
  - Place on flat surface.
  - Make sure students' challenges are appropriate to student understanding.
  - For all of the activities below, you should label the Poly Skeleton pieces on the back of each piece with the correct name using a label maker with small print, or by printing neatly.



## The Games/Activities

- **Activity #1: Spring Into Action**
  - a. **Objective:** The Poly Skeleton pieces can be used to divide the class into small groups or partners.
  - b. **Set Up:** Break out the pieces by color, core and extremity parts, or sections of the body. As students walk in, give them a piece of the puzzle and explain who they are to look for to create their grouping using the Poly Skeleton pieces.
  - c. **Extensions:**
    - Use the pieces of the puzzle to partner students by giving some students the poly bone pieces and the others a piece of paper with the correct name of the bone. Students find their counterpart to determine who they are working with for the next activity.
    - For groupings give some students the poly bone pieces and others a piece of paper with the part of the body where the bone is found.

## • Activity #2: Bone Scavenger Hunt

- a. **Objective:** Groups search for bones underneath crates scattered around the gymnasium.
- b. **Set Up:** Take crates and turn them upside-down throughout the gymnasium. Place labeled Poly Skeleton pieces and a crayon under some crates, while other crates have nothing underneath. Divide students into groups and give them a marking sheet of paper.
- c. **How to Play:** Each group will link up and be assigned a starting bone to find. The group will run from crate to crate looking for its bone. When the bone is found, the group will mark their sheet and show their teacher the marking. The teacher will then give the group a new bone to find. After each group has found six bones, their challenge is complete.

## • Activity #3: Putting the Puzzle Together

- a. **Objective:** Teams compete to complete the Poly Skeleton puzzle with all of the pieces in the correct place while engaging in physical activity.
- b. **Set Up:**
  - Prior to the activity, put the puzzle on a piece of poster board then trace around the different pieces. At this point you can either label or not label the outlines on your poster, then laminate. Repeat for each set of Poly Skeleton puzzles.
  - Divide group into appropriate number of teams for the amount of skeletons you have. Place the laminated posters at one end of the gymnasium, and the students with a crate of skeleton puzzle pieces at the other end of the gymnasium.
  - Designate a locomotor movement such as running, speed walking, skipping, galloping, jumping, hopping, etc for the group to use when moving between crate and posters.
- c. **How to Play:** On GO signal, students will take one bone piece from the crate, do the locomotor down to the other end of the gymnasium, and use the poster as a template to place the bone piece in the correct location. The game ends when a team completes the entire Poly Skeleton puzzle with all of the pieces in the correct place.
- d. **Extensions:**
  - **Without Outlines as a Guide:** For this variation, get a blank piece of poster board for each set of Poly Skeleton puzzle. On GO signal, students will take one bone piece from the crate, do the locomotor skill down to the other end of the gymnasium, and place the bone piece where s/he thinks is the correct location for the piece.
  - **Match the Word to the Bone - with Template:** Trace around the puzzle pieces on the poster board. DO NOT label the outlines on your poster laminate so that only the outline is on the poster board. Instead print out paper slips with the names of each bone and laminate these as well. For this set up have a second crate for each Poly Skeleton puzzle with the laminated bone names. Once the pieces are all in place students must then take the crate of laminated paper slips and continue moving relay style to correctly label each bone. The game ends when a team completes the entire Poly Skeleton puzzle with all the pieces in the correct place and all the laminated paper slips in the correct location. You can also do a variation "Without Outlines as a Guide."
  - **Match the Muscle to the Bone Relay:** Once again DO NOT label the outlines on the poster laminate so that only the outline is on the poster board, and again use the laminated paper slips with the names of the bones. Also print a set of muscle groups that correspond to the bones, which will go into a third crate. After completing the other tasks, students will then take the muscle group slips and move relay style to place those in the proper places. The game ends when a team completes the entire Poly Skeleton puzzle with all the pieces in the correct place and all the laminated paper slips in the correct location.

## • Activity #4: Picking a Bone Exercises

- a. **Objective:** The bone that is picked determines the exercises to be performed.
- b. **Set Up:** Print out paper slips with exercises and attach an exercise to the back of each bone. Place students in small exercise circles.
- c. **How to Play:** One by one, have a student from each exercise circle run into the middle, take a random bone, bring it back to the group, and lead the group in an exercise. Exercises can purposefully be assigned to the muscle for the bone it is attached to or not - this is up to the instructor.

## • Safety Issues & Concerns

- Make sure students are paying attention and follow directions.
- Do not allow students to touch each other with skeleton pieces.

## 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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