

Name of activity: Musical Spots!

Purpose / Key words: gross motor, motor planning, self – regulation

Age range: K- grade 2, grade 3-5, middle school- teen

Materials

Exercise spots (see template below)

*if you can't print, write down the exercises on paper plates or play outside using chalk.



Instructions

- Place exercise spots on the floor and separate them so that they form a large circle
- When the music starts, have players walk around the perimeter of the circles following the spots
- When the music stops everyone spots on your next to the spot closest to them and preforms the exercise written on the spot.

Activity Modification

- **To simplify**
 - Create your own exercise spots that better suit the ability levels of your players or only use a selection of the spots.
- **To make more challenging**
 - Change the movement that the players have to do around the circle while the music is playing. For example, running, animal walks, changing directions, walking backwards, etc.)



SPIN

3x



**ELBOWS
TO KNEES
10x**

BEAR HUG

5sec



MARCH

10x



SIT UPS

5x



LUNGES

5X



**RUN IN
PLACE
10 sec**



**JUMPING
JACKS
10x**



**FROG
JUMPS**

5x



**BLOW OUT
3 CANDLES**



SIDE STEPS
3 LEFT &
RIGHT



**SINGLE FOOT
HOPS**

3x



**TOE
TOUCHES
5x**