

WHAT IS IT? (RATIONALE)

This activity helps students identify body parts, learn to follow directions, and learn about personal space.

SOURCE

Game Central Station

GETTING STARTED (PROCEDURES & MATERIALS)

Begin by making an “x” on the floor for each student using masking, duct, or other durable tape. Make sure there is enough room around each piece so a student standing on the tape will not be able to touch others. As the students come into the playing area, have them find a piece of tape. Quickly call out body parts for them to place on the tape (for example, “Put your wrist on Dr. Tape.” “Put your back on Dr. Tape” etc.) Also, include some movements such as: “Jump up and down on Dr. Tape.” “Jog in place on Dr. Tape.” “Do sit-ups on Dr. Tape.”

ADAPTATIONS

Have the students put more than one body part at a time on “Dr. Tape.” For example, “Put your right hand and left knee on Dr. Tape.”

You could also incorporate math facts into this game using index cards rather than tape. Put a math problem under each card and then clap or jump out the answer. After one round is finished, have students move to a different index card and repeat the game.

DEVELOPED BY:

Jodie Strong, Albion College

DOMAINS ADDRESSED



**BODY IMAGE
LATERALITY
LANGUAGE**



**GENERAL COORDINATION
BALANCE**



NONE



BEST EFFORT