

 **WHAT IS IT? (RATIONALE)**

This activity teaches students to move their bodies under control while they are listening to directions. The simple task of doing two things at once helps the children to concentrate and accomplish multiple activities.




 **GETTING STARTED (PROCEDURES & MATERIALS)**

No materials are needed, just a section of four floor tiles per child. Starting off, the teacher should instruct the class to stand up and spread out because they will be occupying a four square area. The teacher should explain to the class that the upper left square will be “square one” followed by the upper right square being “square two,” the bottom left being “square three,” and the bottom right being “square four.” The teacher should then instruct the class to stand on their left foot in “square one.” Then, as the teacher calls out square numbers (1,3,4,2,4, etc.) the students should hop on their left foot to the designated square. This will demand a sense of balance and body image while requiring the students to be attentive to the teacher’s directions.

 **ADAPTATIONS**

This activity could be performed with the students jumping with two feet for the younger children, or with the older children calling the numbers so that it resembles a hopscotch game.

Alternate solutions if tiled floor is not available:

-  Use a carpet square for each student that has been divided into quadrants using tape.
-  Go outside and have students draw their own square using chalk.
-  Use polypots.

For visual learners, draw a diagram on the board before doing the activity so they can have an idea of what they will be doing.

 **DEVELOPED BY:**

Dan Deegan, Albion College

**DOMAINS ADDRESSED**



**BODY IMAGE**  
**LATERALITY**  
**SEQUENCING**  
**FOLLOWING DIRECTIONS**  
**LANGUAGE**



**GENERAL COORDINATION**  
**HAND-EYE COORDINATION**  
**BALANCE**



**FLEXIBILITY**  
**STRENGTH**



**BEST EFFORT**