

## **Movement station: notes**

Students rotate around five activity stations, each focusing on a particular way in which objects can be moved. As this is an exploratory activity, students rotate after approximately seven minutes, with one minute to tidy each area between rotations. In later lessons, they will explore particular movements in more detail.

Each station is numbered and a picture guide is included on the sign to focus student explorations. While other types of movements are of course possible at each station, students are being asked to learn as much as they can about each particular movement.

### **Station 1: Rolling**

Suggested location: carpet area on the floor

Objects: a few small non-bouncy balls (for example: marbles, squash balls, newspaper balls, pebbles), cylinders (including wooden block, tennis ball can, plastic bottle, rolled-up newspaper, cardboard tube), metal lid, small hoop

### **Station 2: Bouncing**

Suggested location: suitable outdoor area (for example: veranda, patio area)

Objects: balls of various types, both bouncy and not so bouncy (including a rubber spiky type ball, football, basketball, soccer ball, small rubber balls, table tennis ball)

### **Station 3: Sliding**

Suggested location: area with enough space to set up ramps

Objects: 1 or 2 ramps (depending on student needs), small boxes and containers, smooth-faced objects (for example: counters, lids, plastic plates), rubber glove, two shoes (one smooth-soled and one with grip), erasers

**Note:** A quick way of making a ramp is to use the sides of a painting/bigbook easel, if removable, and tape to chairs or a low table. Otherwise, a thick large cardboard box or a portable whiteboard will also work.

### **Station 4: Spinning**

Suggested location: table top

Objects: yo-yos, toy spinners or spinning tops, table tennis ball in a round plastic dish, toy helicopter, game spinner

### **Station 5: Vibrating**

Suggested location: table top

Objects: tuning forks, drum/tambourine with soft beater and a dozen or so grains of rice (when students tap the skin of the instrument, the rice will bounce due to vibrations), rubber bands around a box with a hole to make a box guitar, string instrument