

# How to Use the Exercise Spinners

Step 1: Print out the exercise spinners on the following pages.

Step 2: Place a paper clip in the middle of the spinner circle.

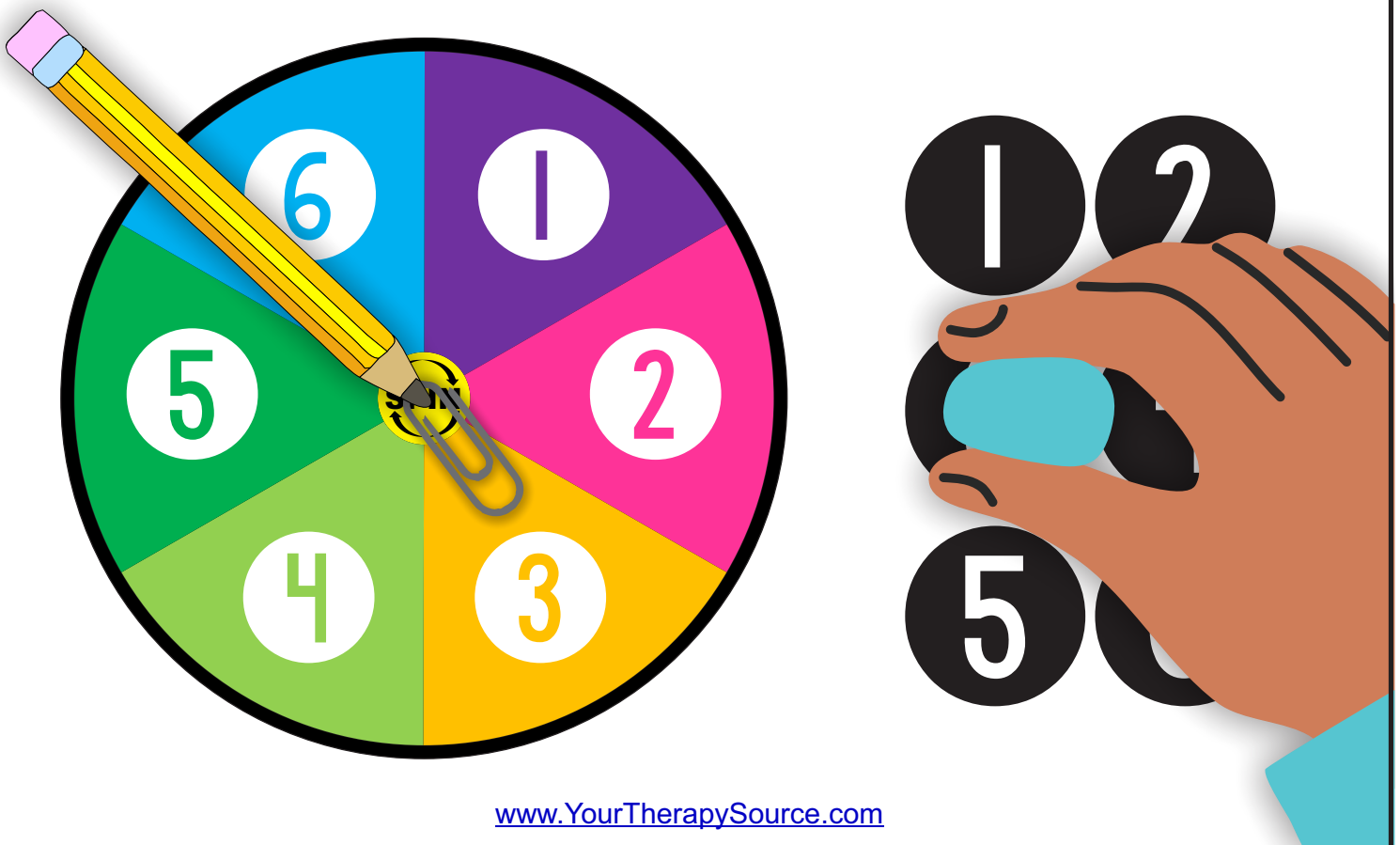
Step 3: Put a pencil tip in the middle of the paper clip.

Step 4: Spin the paper clip with your fingers.

Step 5: Perform the exercise that the paper clip lands on.

Step 6: Put a bingo chip, pom-pom, or small piece of play dough to cover up the matching black number.

Step 7: Repeat spinning the paper clip and performing the exercises until you have covered up all of the black numbers.



# Other Games to Play with the Exercise Spinners

## **Motor Memory Game**

Study the pictures and perform each activity 1 through 6. Spin the spinner three times in a row to get three numbers. Turn over the paper.

Can you remember the three actions that match the three numbers? Perform the actions. Turn your paper back over and check if you were right. Challenge yourself - can you remember up to 6 actions?

## **Motor Pattern Game**

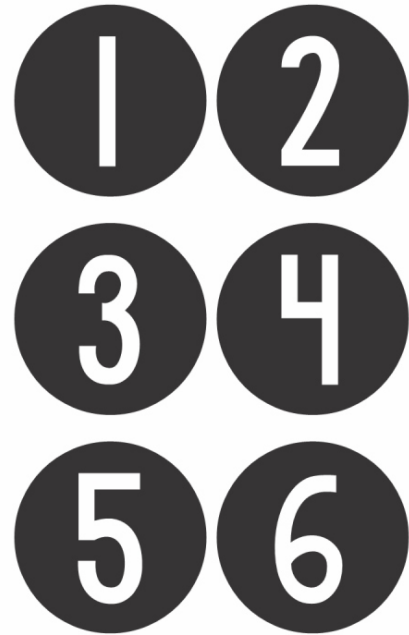
This is a group game. Player one spins and performs the matching action. Player two spins and performs player one's exercise along with the exercise that they got on the spinner. Player three has to perform player one's exercise, player two's exercise and then spin for themselves and add their own exercise. Continue playing until someone forgets and start over.

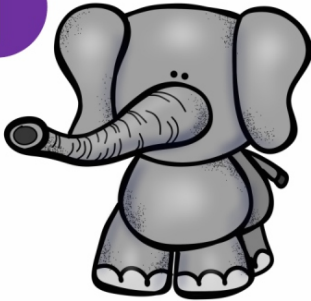

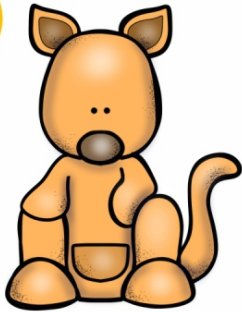


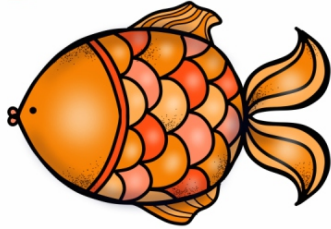
## **Exercise Spinner Walk**

Place six numbered spots on the ground or hang the numbers on the wall around the room. Place all of the printed exercise spinner pages face down or use the slide show.

Turn on some music. The children walk around the room by the spots. When the music stops they have to freeze at the number they are standing by. Randomly choose an exercise spinner. Do not spin the wheel just use the exercises pictured. The children have to perform the matching exercise based on the number they are at. Turn the music back on and repeat again.

# ANIMAL EXERCISES



<p>1</p>  <p>STOMP</p>	<p>2</p>  <p>WIGGLE</p>	<p>3</p>  <p>JUMP</p>
<p>4</p>  <p>GALLOP</p>	<p>5</p>  <p>HOP</p>	<p>6</p>  <p>SWIM</p>