Name/Title: Mat Move Over

Prerequisites: To successfully complete this IA students must have prior work with moving safely in general space and they must have had practice with tranferring weight skills such as different kinds of rolls.

Suggested Grade Level: 2nd and Up

Materials Needed: 5-7 mats, cones for general space boundaries

Description of Idea

Spread mats a safe distance from each other throughout the playing area. Have students spread out in the area. On the teachers signal, students are to move throughout the space using locomotor movements of their choice. Upon coming to an open mat students are to move across the mat using some sort of weight transfer. Some choices are to log roll, cartwheel, forward roll, egg roll, leap over, walk over, etc. Students must be **completely off** the mat before a new person can go to a mat. Please make sure to tell students that they need to make sure it is clear before moving over the mat.

Not all students have to go to a mat. They are free to just move about the general space on their feet.

Teaching Suggestions:

DO NOT allow students to jump and make the mat slide.

Make sure students do not got to a mat until it is completely open

Make sure students move with their eyes up so they can see if another student is about to go to a mat

It is best to have students **NOT RUN** during this activity.

Submitted by **Mike Imergoot**. Additional authors for this idea were Christine Hopple . Thanks for contributing to PE Central! **Posted on PEC: 3/11/2001**.

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