

# Noodle Slices

Item #17748

**What Are the Educational Applications?**

Noodle Slices are an exciting new piece of equipment that can be used to develop hand-eye coordination, catching skills, fitness and teamwork. The Noodle Slices are made of lightweight foam that can be used for tossing, rolling, stacking and catching activities. Slices can be used for individual performance, partnerships, group cooperative and competitive activities.

Concepts that can be used with the Noodle Slices are: up, down, soft, track, opposite, above, under, over, towards, around, flip, stack, roll and squeeze.

This product guide highlights the use of the Noodle Slices as a prop for exploring hand-eye coordination concepts, fitness activities and group cooperative activities. Once students have developed the skills of launching, tracking, rolling and catching the Noodle Slices, they can progress on to individual skill development and activities, partner challenges, and then to group and team experiences. Basic skills are needed before students can participate in the partner and group activities.

**Basic Skills:****• Flipping the Noodle Slice**

- Hold the Noodle Slice on the palm of the hand. Toss it up and catch it on the palm of the hand. (Insert picture of hand) Increase the height of the toss as you become more successful at catching
- Flip the Noodle Slice with your dominant hand and catch it with your non-dominant hand
- Flip the Noodle Slice with your non-dominant hand and catch it with your dominant hand
- Flip a Noodle Slices with each hand and catch them in the same hand you flipped them with
- Flip a Noodle Slice with each hand and catch it with the opposite hand
- Flip a Noodle Slice with one hand, turn around and catch it
- Flip the Noodle Slice with the back of the hand and catch it with the palm of the same hand
- Flip the Noodle Slice with the back of one hand and catch it on the palm of the other hand

**• Rolling the Noodle Slice**

- Roll the Noodle Slice on its edge with your dominant hand
- Roll the Noodle Slice with your non-dominant hand
- Roll the Noodle Slice for distance
- Roll the Noodle Slice for accuracy



- Roll the Noodle Slice so it curves on its edge

**• Catching the Noodle Slice**

- Track the Noodle Slice with your eyes
- Open hand or hands wide under the Noodle Slice.
- Squeeze the Noodle Slice gently and softly when it contacts the hand

**Individual Skills and Activities: Launch means to toss into the air.**

- Launch and catch with right hand
- Launch and catch with left hand
- Launch with right and catch with left
- Launch with left and catch with right
- Launch, clap and catch (right, left and switching)
- Launch, clap 2X and catch (right, left and switching)
- Launch, clap behind your back and front of you and catch (right, left and switching)
- Launch, turn around and catch (right, left and switching)
- Launch, touch your head and catch (right, left and switching)
- Launch, touch your shoulders and catch (right, left

and switching)

- Launch, touch your knees and catch (right, left and switching)
- Launch, touch 2 or more body parts and catch (right, left and switching)
- Launch, touch the floor and catch (right, left and switching)
- Launch 2 Noodle Slices, one with each hand, and catch with same hand you launched it with (2 different color Slices)
- Launch 2 Noodle Slices, clap and catch with same hand
- Launch 2 Noodle Slices, touch a body part and catch with same hand
- Launch 2 Noodle Slices, and catch with opposite hand (launch in a crossing pattern)
- Launch a Noodle Slices into a hoop on the ground. Increase the distance of the launch after each successful launch into the hoop
- Roll Noodle Slices towards a target on the ground

### **Partner Skills and Activities: Toss can be a flipping toss or a Frisbee-style toss.**

- Toss a Noodle Slice to your partner with your dominant hand and have your partner catch it with his/her dominant hand
- Toss a Noodle Slice with your non-dominant hand and have your partner catch it with his/her non-dominant hand
- Toss a Noodle Slice through a hoop to your partner
- Rolls a Noodle Slice to a partner increasing the distance on each successful roll

### **Partner Skills and Activities with 2 and 4 Slices**

- Toss a Noodle Slice with your dominant hand to partner and catch your partner's Noodle Slice with dominant hand
- Toss a Noodle Slice with your non-dominant hand to your partner and catch your partner's Noodle Slice with non-dominant hand
- Toss a Noodle Slice with your dominant hand to your partner and catch your partner's Noodle Slice with your non-dominant hand
- Toss a Noodle Slice with your non-dominant hand to your partner and catch your partner's Noodle Slice with your non-dominant hand
- Toss a Noodle Slice to your partner, turn around and catch your partner's Noodle Slice
- Toss a Noodle Slice to your partner, touch a body part and catch your partner's Noodle Slice
- Toss 2 Noodle Slices (one from each hand) and catch your partner's 2 Noodle Slices one in each hand
- Toss 2 Noodle Slices to your partner in a crossing pattern and have your partner catch both Slices
- Toss 2 Noodle Slices to you partner in a crossing pattern and have your partner do the same. Catch both of your partner's Noodle Slices.
- Challenge your partner to a launch and catch to 15 catches. The partner that catches 15 Slices first is

successful.

### **Group Activities: (groups of 3 or more)**

*With group in a circle formation:*

- Toss 1 Noodle Slice around the group clockwise
- Toss 1 Noodle Slice around the group counter-clockwise
- Toss 2 Noodle Slices around the group clockwise
- Toss 2 Noodle Slices around the group counter-clockwise
- With each person with a Noodle Slice, launch the Slices around the circle
- With each person launching a Slice, catch another Slice
- Line your group up in a straight line with 5 Slices at one end of the line. Launch and catch the Slices until they all reach the other end of the line successfully. If a Slice hits the ground, that Slice must start over.
- Line up your group in a straight line with each person holding a Slice. Launch the Slices down the line so that no person ever holds more than 1 Slice at a time. When all Slices are successfully at the end of the line in a hoop, the task is complete. If any Slice hits the ground, or a person has more than 1 Slice in their possession, the activity must start over.
- Form your group into a circle with each person holding a Slice. Toss the Slices around the circle until they return to the original owner.
- How many Slices can you balance on one member of your group. If one falls off you must start all over again.

### **Noodle Slices Body Balance: A cooperative activity in groups of 3+**

*Using a class circle formation with all of the Noodle Slices placed in the center of the circle:*

- Partner #1 stands at the outside of the circle with their arms extended out to their side. This partner is the "Balancing Statue"
- Partner #2 goes into the circle and picks up 1 (or 2) Noodle Slices
- Partner #2 returns to his group and balances the Noodle Slices on partner #1's body. A Noodle Slice may not be place in a pocket or be held under an arm. Only Noodle Slices balancing count!
- Partner #3 heads into the circle to retrieve another Noodle Slice (or 2) and returns to balance it on partner #1
- This relay continues until a Noodle Slice falls off of partner #1
- When a Noodle Slice falls, all of the Noodle Slices are returned to the center of the circle
- Partner #2 then becomes the "Balance Statue" and #1 and #3 continue the relay
- If using more than 3 partners, relay with 2 partners at a time
- If small groups are participating, use only 2 partners but allow them to bring back 3 Noodle Slices

### Challenges to attempt

- Count the number of balancing Noodle Slices
- Have the “Balancing Statue” stand on 1 foot
- See how many different body parts have a Noodle Slice balancing on them
- Have the “Balance Statue” balance on 2 different body parts
- Blind fold the “Balance Statue”
- Change the locomotor skill used to retrieve the Noodle Slices from the center of the circle
- Challenge another group to a how many
- Challenge another group to how fast you can balance a certain # of Noodle Slices
- Have 2 “Balance Statues” connected together and balance the same # on each
- How many Noodle Slices can you have on you and move around?

### Noodle Slices Sandwich Maker: A cooperative and challenging activity using Noodle Slices to push together.

- In groups of 4+ class circle formation or straight line relay formation
- Have 2 partners face each other or stand side by side with one hand palm to palm with the other partner
- The #3 partner goes to retrieve 2 slices and returns to place the Noodle Slices between the hands of the connected partners
- Partner #4 then retrieves 2 Noodle Slices and places those between the Noodle Slices or the hands that are connected
- This continues until the Sandwich breaks and the Noodle Slices fall
- Then #3 and #4 become the Sandwich holder and partners # and #2 retrieve the Noodle Slices
- There is a secret to Sandwich Making and how you insert the Noodle Slices into the Sandwich

### Sandwich Making Challenges

- How many Noodle Slices can you get into the sandwich
- Can you make a sandwich of different color Noodle Slices
- Challenge another group to a sandwich making task and see who can get the biggest sandwich
- Challenge another group to a timed sandwich making contest
- Make a vertical sandwich
- Place 3 partners in a row with palms connected and make sandwiches between both palms
- Place 3 partners connected in a triangle with both hands connected on the palms and make the sandwiches
- Change the locomotor skill used to retrieve the Noodle Slices
- After making a 6 layer or more sandwich, can you move the sandwich to the other side of the room or play space

### Collecting Noodle Slices with Half Noodles

- Each player has 2 half noodles to use to pick up Noodle Slices and bring them back to their area

### Balancing Noodle Slices on Half Noodles

- Partners try to balance as many Noodle Slices on each others half or full noodles
- Half noodles can be horizontal or vertical

### Noodle Slices Balance Tag Games

These are tag games in which you must keep moving and keep balancing the Noodle Slice. If the Noodle Slice falls or is touched by another body part then you are frozen and someone can unfreeze you by putting the Noodle Slice back in place. When there is a “Tagger” involved they must also follow the Noodle Slices Balance rule or must carry a short noodle magic wand.

- *Noodle Slices on back of hand tag*
  - Everyone places a Noodle Slice on the back of their hand. While moving around, you try to make someone else drop their Noodle Slice by getting into their space. No one may touch another player but can get close!
  - If you are using a designated “Tagger or Taggers” with noodle wands they may use them to get close but cannot touch the Noodle Slices or person.
- *Noodle Slices on head tag*
  - Just like Back of the Hand, but the Noodle Slice is balanced on the top of the head
  - You may pick up your own Noodle Slice to place back on your head after you do 5 Jumping Jacks to warm-up your muscles
- *Double Noodle Slices Tag*
  - Balance Noodle Slice on the back of each hand. You are not frozen until you drop both Noodle Slices.
  - To get back in the game you must find 2 free Noodle Slices to balance
  - A great challenge would be to balance the Noodle Slices on 2 different body parts (head and hand, shoulder and elbow)
- *Ocean to Ocean Noodle Slices Tag*
  - In this tag game the players balancing the Noodle Slices try to get from one side of the playing area to the other without dropping their Noodle Slice. If they are successful, they remain there until everyone reaches safely, or until all the players that didn’t drop their Noodle Slices make it across. The “Taggers” may use the Magic Wands but may not touch anyone. Once you lose your Noodle Slices, you stand in that spot and use your Noodle Slice to try to make others drop theirs by launching your Noodle Slice.
  - Using 2 Noodle Slices makes this more challenging
  - No one that still has a balancing Noodle Slices may stand still when they trying to get from ocean to ocean

## **Safety**

- Do not toss Noodle Slices at others without their permission
- Do not break apart the Slices
- Keep Slices clean and free of dirt
- Do not stand on Noodle Slices
- Store Noodle Slices in a safe, cool, dry area

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