

## Activity Blocks

Item #15131



- **Overview:** The Foam Activity Blocks are an exciting new piece of equipment that can be used to develop hand-eye coordination, catching, stacking and balance skills plus an added teamwork dimension. The Blocks are made of lightweight foam that is firm enough to stack, squeeze and toss. The Blocks can be used for individual performance, partnerships or group cooperative and competitive activities.
- **What Are the Educational Applications?**  
Concepts that can be used with the Activity Blocks are: on, off, up, down, soft, track, opposite, above, under, over, towards, horizontal, vertical, high, low, around and squeeze.
- **How Can I Use This Product With My Students?**
  - **Where:** Indoors
  - **Age:** Preschool through Adults
  - **Group Size:** One or many
  - **Basic Skills Needed:** This product guide highlights the use of the Foam Activity Blocks as a prop for exploring balance activities; stacking challenges; and tossing and catching skills. Once the children have developed the skills of balancing, tossing and catching the Foam Blocks, they can progress on to individual skill development and activities, partner challenges and then to group and team experiences. The basic skills are needed before students can participate in the partner and group activities.
    - *Balancing:* Horizontal, vertical and moving
    - *Stacking:* Horizontal, vertical and combinations
    - *Tossing:* Flipping, spinning, three block tossing
    - *Catching:* One hand, two hands, with other Foam Blocks, on different body parts
- **Set Up/Instructions:**
  - Keep Foam Blocks clean.
  - Store Foam Blocks in a safe, cool, dry area.

## The Games/Activities

### • Activity #1: Balancing

#### a. How to Play:

- First perform these activities with a Foam Block balanced in a horizontal position on the palm of the hand.
- Hold the Foam Block on the palm of the hand. Move it into different spaces (high, low, up, down, in front, to the side, over). Try with both the left and right hands.
- While balancing the Foam Block on the hand, move through the class area safely. Move forwards, backwards, sideways, zig-zag, and in curves.
- Balance a Foam Block on each hand and move.
- Balance the Foam Block on a different body part: head, elbow, knee, finger, shoulder, foot, back, back of hand.
- Balance more than one Foam Block on a hand or body part.
- Balance more than one Foam Block and move.
- Balance more than one Foam Block on more than one body part and move.

#### b. Extension: Try each of the exercises listed above while holding the Activity Block in a vertical position.

### • Activity #2: Stacking

#### a. How to Play:

- Find a flat surface and lay a Foam Block down horizontally. Begin stacking more Foam Blocks on top of the base. How high can you stack them?
- Stack the Foam Blocks horizontally on moveable flat surface, like a foam paddle.
- Stack the Foam Blocks vertically on edge and see how high you can stack them.
- Stack the Foam Blocks alternating a horizontal Foam Block and then two vertical Foam Blocks.
- Stack the Foam Blocks alternating a horizontal Foam Block and then two vertical Foam Blocks on a foam paddle and walk around.
- Stack the Foam Blocks on a partner and see how high you can stack them before they fall. If they fall, switch places and roles and stack again.
- Create a pyramid. The base starts with 5 vertical Foam Blocks, the next level is 4 horizontal Foam Blocks, the next level is 4 vertical Foam Blocks, the next level is 3 horizontal, then 3 vertical, then 2 horizontal, then 2 vertical, then 1 horizontal, then the top is 1 vertical Foam Block. The size of the pyramid can be increased or decreased by limiting the number of Foam Blocks used as the base.

#### b. Extension: Create the pyramid on a movable platform and carry it across the room.



### • Activity #3: Tossing and Catching

- *Tossing* can be done in several ways. You can toss the block so it travels in a flat spinning plane or you can toss it with a flipping motion so it travels through the air in an end-over-end fashion. Try both methods to see which works better or is the most developmentally appropriate skill level for your students.
- *Catching* can be done with a flat hand surface of the hand, a clasping movement of the hand or squeezing action between the hands. Try them all!
  - Toss and catch with right hand.
  - Toss and catch with left hand.
  - Toss with right and catch with left.
  - Toss with left and catch with right.
  - Toss, clap and catch (right, left and switching).
  - Toss, clap 2X and catch (right, left and switching).
  - Toss, clap behind your back and front of you and catch (right, left and switching).
  - Toss, touch your head and catch (right, left and switching).
  - Toss, touch your shoulders and catch (right, left and switching).
  - Toss, touch your knees and catch (right, left and switching).
  - Toss, touch two or more body parts and catch (right, left and switching).
  - Toss, touch the floor and catch (right, left and switching).
  - Toss, turn around and catch (right, left and switching).
  - Toss two different colored Foam Blocks, one with each hand, and catch with same hand you launched it with.
  - Toss two Foam Blocks, clap and catch with same hand.

- Toss two Foam Blocks, touch a body part and catch with same hand.
- Toss two Foam Blocks, and catch with opposite hand (toss in a crossing pattern).
- Toss a Foam Block into a hoop on the ground. Increase the distance of the toss after each successful landing into the hoop.
- Toss the Foam Block in a spinning Frisbee technique and see how far you can toss it.

#### •Activity #4: Three Block Toss and Catch Activities

a. Set Up: Hold a Foam Block in each hand with a third Foam Block in between the two blocks.

b. How to Play:

- Toss the center Foam Block and catch it between the other 2 Foam Blocks.
- Toss the center Foam Block higher and higher on each toss and catch.
- Toss the center Foam Block with a spinning motion and catch it
- Toss the center Foam Block, clap the other 2 Foam Blocks, and catch it.
- Toss the center Foam Block, clap the other 2 blocks several times and then catch the tossed Foam Block.
- Toss the center Foam Block, touch the other 2 Foam Blocks to a body part, and catch the tossed block.
- Toss the center Foam Block, touch the other 2 Foam Blocks to 2 different body parts and catch the tossed Foam Block.
- Toss the center Foam Block, turn around and then catch the tossed center Foam Block.
- Toss the center Foam Block, try to catch it on the sides.
- Toss the center Foam Block, try to catch it on the ends.
- Toss the center Foam Block to a partner to catch it with their Foam Blocks.

b. Extensions:

- To use more advanced skills, toss the right Foam Block, switch the center Foam Block to your right hand, and catch the tossed Foam Block.
- Toss the left Foam Block, switch the center Foam Block to the left hand, and catch the tossed Foam Block.
- Toss the center Foam Block and switch the right and left Foam Blocks and then catch the tossed Foam Block.

#### •Activity #5: Partner Skills & Activities

• *With 1 Foam Block*:

- Toss a Foam Block to your partner with your best (dominant) hand and have your partner catch it with his/her best (dominant) hand.
- Toss a Foam Block with your non-dominant hand and have your partner catch it with his/her non-dominant hand.

• *With 2 and 4 Foam Blocks*:

- Toss a Foam Block with your best (dominant) hand to a partner and catch your partner's Foam Block with your best (dominant) hand.
- Toss Foam Block with your non-dominant hand to your partner and catch your partner's Foam Block with your non-dominant hand.
- Toss a Foam Block with your best (dominant) hand to your partner and catch your partner's Foam Block with your other hand.
- Toss a Foam Block with your non-dominant hand to your partner and catch your partner's Foam Block with your non-dominant hand.
- Toss your partner 2 Foam Blocks and have them catch one in each hand.
- Toss 2 Foam Blocks (one from each hand) and catch your partner's 2 Foam Blocks one in each hand.
- Toss 2 Foam Blocks to your partner in a crossing pattern and have them catch one in each hand.

#### •Activity #6: Group Activities (for Groups of 3 or more):

• *With group in a circle formation*:

- Toss 1 Foam Block around the group clockwise.
- Toss 1 Foam Block around the group counter-clockwise.
- Toss 2 Foam Blocks around the group clockwise.
- Toss 2 Foam Blocks around the group counter-clockwise.
- With each person holding a Foam Block, toss the Foam Blocks around the circle.
- See how many Foam Blocks you can balance on one member of your group. If one falls off you must start all over again.
- Using just the thumbs of two partners, see how many Foam Blocks you can balance horizontally on top

of the thumbs.

- How many Foam Blocks can you press between the hands of two people?
- Can you do the Foam Block Press with more than two people?
- Line the Foam Blocks up standing about 4" apart in a long row. See if you can touch the first one in line over and that will knock the rest of the Foam Blocks over in a row (as in dominoes).
- Create a design with the Foam Blocks standing in a row to be knocked down.
- *Relay*: All of the partner and group activities can be performed in a relay activity adding locomotor skills and cooperative skills into each activity. Example: Stacking horizontally on a moveable object, have a team of 3 or 4 students carry a foam paddle across the class area with the Foam Blocks balancing on the paddle. Each time they complete a trip across the area, another block is added on the top of the stack.

#### • Safety Issues & Concerns

- Do not throw Foam Blocks to others without their permission.
- Do not break apart the Foam Blocks.
- Do not stand on the Foam Blocks.

#### Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

#### **24/7 Online Ordering!**

Order FlagHouse products online 24/7! View our latest products, not yet in our catalogs! Create wish lists! Online specials! Hot Buys! Expanded content!

<http://www.FlagHouse.com>  
<http://www.FlagHouse.ca>

#### **FlagHouse Exclusive Online Specials!**

FlagHouse Hot Buys! View our latest online product specials - this pricing is not available in our catalogs! Limited quantities, so get them while they are HOT!

<http://www.FlagHouse.com/HotBuys>  
<http://www.FlagHouse.ca/HotBuys>

*Do you have an idea for a brand new product or a new game idea? We would be happy to speak with you - contact us at <http://www.FlagHouse.com/NewIdeas>*

*Please direct your questions or concerns regarding this product to the appropriate office listed below between the hours of 8AM-6PM Eastern Time*

**In the US:** FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey 07604-3116 Phone 800.793.7900 201.288.7600 Fax 800.793.7922

**In Canada:** FlagHouse Canada, 235 Yorkland Blvd., Suite 105, North York, Ontario M2J 4Y8 Phone 800.265.6900 416.495.8262 Fax 800.265.6922

**International Customers:** FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey, 07604-3116 USA Phone 201.288.7600 Fax 201.288.7887