

19.09.2020

European Day of Psychomotricity

Distance games with pool noodles

To be in motion together with the pool noodle and at the same time to pay attention to the distance caused by COVID 19 was our idea. The pool noodle is the optimal material for this and offers the necessary distance of 1.60 m. In addition, we were all equipped with a mouthguard. The joint experimentation and exploration, mixed with creativity and teamwork, were in the foreground. Numerous ideas were brought in, recorded, developed further and thus a wonderfully colorful, cheerful and joyful coexistence was created. The whole body started to move in different ways and the channels of perception received many impulses.

Material:

- Pool noodles
- psychomotor materials
- everyday materials



Objectives:

- Cooperation & teamwork
- Creativity
- Coordinative skills: rhythm, balance, reaction. . .
- Colour perception
- Play according to Corona rules





"Distance and still together!" In order to form a chain, the whole body cooperated.

Experimenting & Exploring with Cloths:



The wipes are passed on...

.....when swinging, handed over or caught!



The wipes offer a nice effect. Other materials can also be used here (air balloons, frisbees,...).



Drag & Roll:



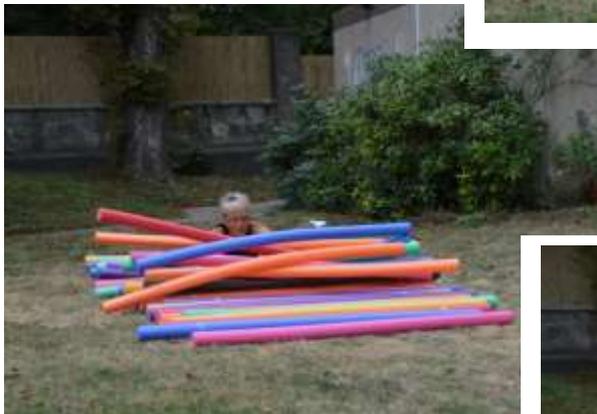
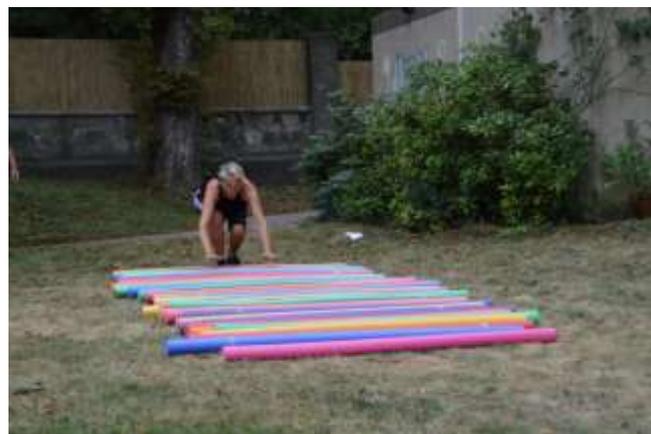
It's a special experience. Body tension is required and the puller needs strength.

The pool noodles laid in landscape format. This is also how rolling over the longitudinal axis of the body works.



Slow & fast

A nice idea for all those, who need a little more power!



Throwing & Catching:

The pool noodle is brought with a cloth, which must be tied, in horseshoe form and thrown to the rod,



or over the body.



The video on
YouTube:
<https://youtu.be/SlygFURlh24>

Boiling in:

On call, individual parts of the body can be shown or be stretched upwards.



Jumping ropes:

Two pool noodles are rotated and one or two people jump over it. Different bounce movements can also be performed here. Lateral, bi- and monopedal, in the gallop, backwards...



Horseshoe twisting: Isolated arm movement sometimes very different.



The “hot wire” with pool noodles!

Overcoming obstacles and hurdles while balancing the frisbee on the pool noodle, the body scheme and the balance ability are particularly challenging.



Balancing and overcoming obstacles - Crossing with frisbee on the head



In rhythm with each other!

Each pool noodle with cloth is led to the middle. Now different movements can be performed together.

- get down on your knees
- go in circles
- go backwards
- fast and slow and much more

Finally, on command, the pool noodles are pulled backwards!



The video on
YouTube:
[https://youtu.be/
S1VgFUR1hZ4](https://youtu.be/S1VgFUR1hZ4)

Concentration during construction and climbing:



1,2,3 and the cloth is thrown upwards with all the pool noodles. Let go of the cloth, too!



Put Mandala down!

All materials can be used for this purpose. There are no limits to creativity.



The video on
YouTube:
[https://youtu.be/
S1vGFURih24](https://youtu.be/S1vGFURih24)

Group image
differently!



**We would like to thank the regional travels Rhineland and Westphalia-Lippe for their participation!!!
To all a wonderful "Day of Psychomotricity"!!!**