

LaserMoves™ Activity Guide



INTRODUCTION

The **LaserMoves** Pointer is an American made product and is unconditionally guaranteed for two years (guarantee does not include batteries which need periodic replacement depending upon use time).

BATTERY INSTALLATION

**1**

To replace battery, firmly grip the top portion of the pen and twist counterclockwise until separated.

**2**

Insert two AAA batteries into the pen opening. Be sure to install batteries positive (+) side up on both batteries.

**3**

Complete installation by replacing the top portion of the pen to the main housing and twist clockwise to close.

**PLEASE READ THE SAFETY PRECAUTIONS ON THE FOLLOWING PAGE
BEFORE USING THE LaserMoves POINTER!**

SAFETY FIRST!

THOUGH THE **LaserMoves™** POINTER IS NOT A MEDICAL QUALITY LASER THE FOLLOWING SAFETY PROCEDURES NEED TO BE FOLLOWED:

1. Never allow students to use the **LaserMoves Pointer (or any laser pointer)**.
2. Never point the **LaserMoves Pointer (or any laser pointer)** at someone.
3. Do not repetitively flash the **LaserMoves Pointer (or any laser pointer)**.
4. Do not wave a **LaserMoves Pointer (or any laser pointer)** in front of the eyes of another individual.
5. Both 3 and 4 are not unique to laser pointers, but are common safety procedures involving the flashing of any type of lights in situations where there are individuals prone to epileptic seizures.

LaserMoves™ ACTIVITIES

Sportime **LaserMoves** was designed for Teachers (Physical Education, Early Childhood, Classroom, Special Education, Gymnastic, Dance, Drama, Music); Therapists (Physical, Occupational, and Recreation); Coaches; Recreation Specialists; Senior Citizen Specialists...just to name a few. **LaserMoves** does so much more than simply putting a presentation pointing device into your hands (though we're sure you'll use it for emphasis as you point to your charts, slides, maps and overhead transparencies).

LaserMoves was designed to be much, much more. It was designed to become an open-ended program device to stimulate both bodies and minds; from those of the very young to those of the very old. It was designed to encourage and direct gross and fine motor movement, critical thinking and exercise. It was, among many other things, designed to employ the powerful technique of "teaching through distraction;" to get those who will not run to run; those who will not stand to stand; those who cannot "cross midline" to cross midline. Its potential power will be limited only by your own imagination. The suggested activities we've included have been designed only to kindle the flames of your own creativity. The rest is both literally and figuratively "in your hands."

THE BASICS OF HOW TO USE THE **LaserMoves POINTER**

With a range of almost 30', distance is not an obstacle (though when considering distances, you need to factor in the limitations of both eyesight and your ability to "aim" at a target).

Though the **LaserMoves** beam does not show well on glossy gym floors or outdoors (especially on grass), it works great on virtually every other floor surface and never fails to show on a vertical surface; whether that surface be a glossy wall or a basketball backboard.

The **LaserMoves** Pointer has been designed like a pen, with a clip that allows you to carry it around like one. It's activated by simply pushing the button located just above the light source. It will operate on two commonly available "AAA" batteries for approximately 3-4 hours of continuous use. Obviously, since you're not going to keep your finger on the button for 3-4 hours, you'll get a significant amount of program time between battery changes. We highly recommend that, in order to maintain program continuity, you always have at least two spare batteries with you at all times. (For economy sake we recommend two things: Buy an inexpensive battery tester and buy batteries in large packs.)

***WHEN SPECIFIC PRODUCTS ARE MENTIONED**

A number of suggested activities reference the use of specific Sportime products. Those products are bold and marked with an (*). All the products mentioned can be located by referencing the index of the Sportime catalog (and are generally available in one or more of our other Sportime International catalogs: Chime Time, Abilitations, Sportime Senior Products and ActiveMinds).

AS AN AID TO VIEWING FILMS & OVERHEADS

Classroom teachers will be able to point out features on a video or overhead from anywhere in the room. Now you can stand next to that special child that needs the extra help or attention and still be able to make points on the overhead. There is no need to dim the lights either.

When using the **LaserMoves** Pointer as an aid to viewing educational or training films, stand anywhere you want to in the room. It will take a little practice. This should be done before the class or team views the film with you. The best technique is to hold the pen laser at waist level, point and shoot. The laser will be visible on the television screen. Even those individuals with red/green color blindness will be able to see the point of light.

DotChase™ WARMUP



Have the entire class run from one end of the gym to the other (end-to-end or side-to-side) trying to catch an elusive and ever-moving red dot. Then have the class briefly sit in a line on the floor and try to grab the dot as it passes by. It is a great way to get everyone's attention, and refocus them on the other tasks to be accomplished.

A great warm-up activity is to put locomotor patterns on the wall. Do this with your younger students to help them with reading and some basic locomotor patterns like walking, running, hopping and jumping. You might also put in some other skills that they will benefit from, like bear walks, cat stretches, wall push-ups, etc. The students really like not knowing what will come next. With the **LaserMoves** Pointer you can stand anywhere in the gym and still be able to point and shoot to the desired skill. It saves your voice. It keeps the students moving, no need to stop the music so that you can be heard. No matter how many kids are in the gym, the **LaserMoves** Pointer lets you keep the lesson going. You can also put up a sign that tells them to sit and listen. You'll be amazed how well this works.

LaserMoves™ SQUARE DANCING

In the gym, students and teacher will be able to communicate without talking or trying to yell over the other students.

Have you ever tried to teach or run a square dance without a microphone? The **LaserMoves** Pointer does not turn into a microphone - but it might as well. Trying to have students square dance can be very frustrating for both the students and the teacher. Most lessons turn out to be a power struggle between students and teachers. You think they understand. You tell them to listen carefully. They sit with anticipation. The music starts, they get the first move but then things fall apart quickly. There is a way to teach square dance moves that can be fun for everyone and integrated with reading to boot.

Next time try this. Find some upbeat music that has no words. Put the moves you want the students to learn on the wall high enough so that all can see (Sportime WallStops* work well for this). The rules are simple. Using the **LaserMoves** Pointer, circle the move you want the students to perform. Students start out in a scattered formation. When the music starts they begin traveling with it. They must do the required move but they may do it with anyone in the class, including an imaginary friend. After all, your goal is to get all students to move, have fun and learn some moves they may someday be able to apply. Start out with simple moves such as Do-si-do, High Five's and Swing Your Partner.

If you see students stopping and scratching their heads, stop the music and teach the move. It is a teachable moment. Some moves like circle to the right will take time. If the students stop and ask "How many?", tell them to decide. This helps student make decisions quickly. Have them keep doing the movement with different people. You will be amazed at the students who did the moves with no one for the first few times suddenly start seeking out partners.

SUGGESTED SQUARE DANCE MOVES

One hand swing, two hand swing, do-si-do, high five's, elbow swings, circle to the right, circle to the left, march single file, low fives, right- and left-hand stars, allemande right and left.

BODYOGRAPHY & SPELLING

Anytime you have too many students and not enough voice the **LaserMoves** Pointer can come to the rescue. Another great activity/warm-up is with the Bodyography*. If you have one set and want the whole class to use the cards, put them in the WallStops (see *Sportime* Index) and use the **LaserMoves** Pointer to show the students what shape they are to make. Once again, you can work with those students who need your help, and be able to shine the light from anywhere.

If you have a set of Sportime Alpha Beanbags* (if not, you can use index cards with one letter written on each one) and an alphabet wall chart, scatter the beanbags or cards on the floor (we recommend that for the sake of comprehension you color code vowels and consonants making them different colors. We even recommend making "Y" a third color). Also consider adding an "Ll", "ll", "ch", "rr" to bring a little Spanish into a classroom with a Spanish speaking student population.

Shine the **LaserMoves** Pointer on one of the letters and have the children locate the matching letter on the wall chart. If you don't have a wall chart you might want to consider the Alphabet Beanbag MultiTarget™* (see catalog index). Have the students collect letters and cooperate to make words with them.

KINESTHETIC LEARNING

WORKING WITH PATHWAYS AND DIRECTIONALITY

We know now that many children are "kinesthetic learners." They simple learn best and retain the information longer when they "learn while moving." The **LaserMoves** Pointer is a perfect adjunct to a "kinesthetic learning" program. Take advantage of the abilities of the **LaserMoves** Pointer to create pathways to be followed with moving bodies on the floor or moving hands and fingers on the wall. Challenge your students to translate a vertical movement pattern to horizontal or vice versa.

You can create entire "movement maps" in this same way. A movement map is a combination of pathways. This will improve and test the students sequencing skills. Sequencing is the ability to put together more than one direction at a time. We do this to children all the time. Go to your ___ and get your pajamas, Go to the ___, brush your teeth and get ready for bed. Three or more directions to remember at once. Use the laser to enforce this type of memory. Combine the visual effects of the laser and the auditory feedback of the teacher's voice to help students put sequences together. Voice command of a locomotor movement, while using the **LaserMoves** Pointer to project a pathway will provide much needed feedback for the "Kinesthetic Learner."

TEACHING THROUGH DISTRACTION

There are no age limits for using the **LaserMoves** Pointer for teaching and exercise. The same principles apply for programs for Pre-Schoolers as they do for Senior Citizens. The **LaserMoves** Pointer is an ideal tool for employing the “Learning Through Distraction” principle. Third graders who chase the dot all over the gymnasium were not thinking about the act of running (unless they were physically challenged), they simply thought about catching the dot; in the same way one would think about chasing a butterfly. Before they realized what they were doing, they had exercised.

Senior Citizens will also follow the **LaserMoves** Pointer dot. It encourages them to lift their hand, move from side to side, stand up, sit down, bend to the left, bend to the right; all the time they may think they’re chasing butterflies, but in fact they’re exercising.

AS A WAY TO DEAL WITH LEARNING DISABILITIES

The same principle can be employed with learning disabilities like crossing midline; except instead of chasing the dot with their bodies they chase the dot with their eyes and fingers.

In this classroom activity, the teacher stands at the rear of the classroom behind the students and uses the board as the palette for painting with a **LaserMoves** dot. It can begin with a simple activity of sitting at a desk and pointing to the dot. The students never know where the dot will appear, but wherever it does, they point to it and count out loud. They follow the dot as it moves across the board and across their midline.

While still pointing in the air, have your students begin to trace letters, numbers and words. Have them trace circles; small to start, then bigger, bigger, then bigger still. Once again, at some point, they will begin to cross midline. Have them alternate fingers, because their arms will begin to tire. They’ll tire because they’re exercising all the muscles in their shoulder girdle.



COACHING USING THE **LaserMoves**™ POINTER

The **LaserMoves** Pointer can make your basketball players better movers and shooters. Use the laser to project just the right spot on the backboard as young students begin to shoot baskets. When working with your team you can stand at the top of the court and use the laser to move on the floor exactly where you want them to move. Have you ever tried to talk over a room full of basketballs being dribbled on the floor? Once you have everyone dribbling, how do you get them moving? The laser light to the rescue. Use the light to shine on the wall and have students watch the wall and move in that direction. This does two things at once. It gets the students or teams moving from side to side and forward and back as well as makes the students look up and see the light. The laser can be seen from over a hundred feet away.



IDEAS FOR THERAPY & SPECIAL EDUCATION



FIND THE DOT

This is a therapist/teacher directed activity where the therapist will shine the light at any one location in the room for a brief second. The individual(s) then has to remember where the spot was and move to that location. Some variations will be keeping the spot lit for those more involved or flashing it on and off. This activity is wonderful for young clients who need to work on their mobility skills.

WALK THE BEAM

This is a therapist/teacher directed activity where the therapist will shine the laser on the floor making a path, line, circle or zigzag for the clients to follow. This is also a good activity for clients working on more advanced mobility skills.

EXTREMITY DOT

A therapist/teacher directed activity where the clients are instructed to follow with their arms or legs the dot that is moving around or above them. This is a good distraction for achieving stretching or range of movement (ROM) activities.

EYE/HEAD DOT

Similar to Extremity Dot but in this case the individual follows the dot with their eyes and head/neck achieving visual tracking skills and neck range of movement skills.

HAND SKILLS

This is a client/student directed activity where the individual traces large images on the wall or ceiling with the laser in their hand. It can be a photo on the wall, lines in the ceiling or a shadow. Benefits will include upper extremity exercise, visual tracking and ROM. A variation of this exercise would be a fine motor activity where the individual is asked to trace letters or photos/shapes on a piece of paper using the laser.



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2 YEAR UNCONDITIONAL GUARANTEE OF SATISFACTION on LaserPointer