

# Dot and Dash

11

Travel, identify the shape and perform the task.  
How well can you communicate with your partner?

## How to play

- Place a variety of coloured flat line markers and circular throw down markers around the play space.
- In pairs, one blindfolded, the partner guides players around the space using clear instructions to avoid the markers.
- On hearing a shape and colour, the guiding player provides instructions to their partner to guide them until they are standing on the correct marker.
- Swap roles.



## Equipment

Word cards.



## Safety tips

Remind players to speak clearly so blindfolded players can hear clearly.



This activity links to the Change4Life Primary Sports Club Adventure theme.

## Challenging Me: Providing challenges and ideas to develop the whole player

Thinking Me	Consider how you can give clear instructions to your partner to find the targets as fast and safely as possible.
Social Me	Play guiding two people to create a more challenging activity and increased communication.
Healthy Me	Try speeding the movements up to increase the heart rate and support heart health.
Physical Me	Use different ways to travel to improve agility using directions, speeds, levels.
Creative Me	Using chalk or cones, create a pathway to follow. Create more complicated movement patterns.

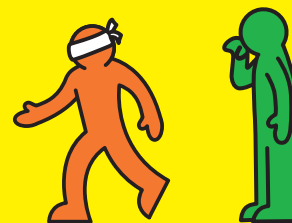
### Great for playing...

- in Change4Life Sports Clubs
- at home
- at playtime/lunchtime
- in the classroom

### Making this game work in a small space

Players travel on tiptoes to reduce size of steps, to slow the game down and play safely in a small space.

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### STEP: Making the game easier and harder and including ALL young people

**SPACE** Spread markers out across a wider area or reduce the space being played in.

**TASK** Introduce more complicated instructions, i.e. “left hand, blue dot” or “right elbow, blue line”.

**EQUIPMENT** Introduce obstacles for players to be guided around/over/through using boxes, tunnels, or ropes on the ground.

**PEOPLE** Players can guide holding hands/elbows to support or just use voice for guidance. Play from further away.