

## 7. Memory Mats

### Description

Arrange pupils in groups of four (A, B, C, D). Place nine spot markers in 3x3 rows in a grid for each group. Pupil A begins by listing a sequence of colours onto which pupil B must jump. Jumps can be performed forwards, backwards or sideways. Once pupil B has finished the sequence, pupil B then lists a sequence for pupil C and so on.



### Equipment

- Spot Markers

### Variations

- Perform a variety of jumps e.g., one foot to two, two feet to one, etc.
- Increase or decrease the number of colours in the sequence.
- Limit the number of jumps in the sequence.