

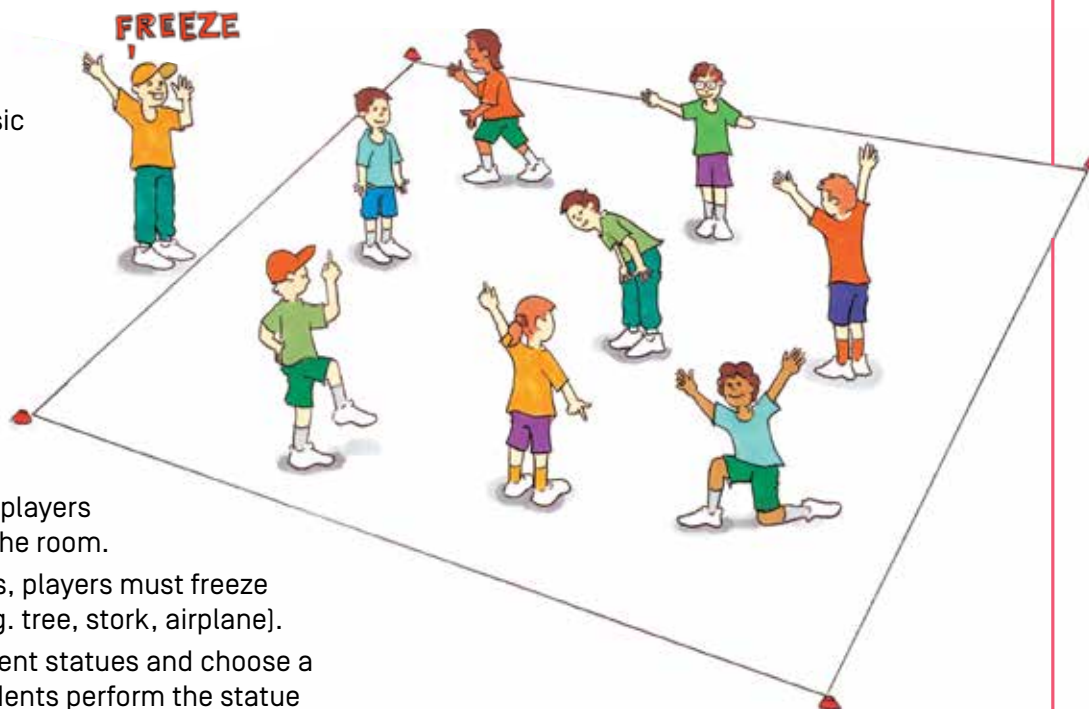


# Musical statues

Players dance freely around the room. When the music stops, players must freeze and form a statue.

## What you need

- > Music player and music



## What to do

- > The music starts and players dance freely around the room.
- > When the music stops, players must freeze and form a statue (e.g. tree, stork, airplane).
- > Players discuss different statues and choose a favourite one. All students perform the statue that was chosen as the favourite.
- > Players repeat and copy a statue from another player in the room the next time the music stops.

- > Players form groups of three and form a statue together.
- > Incorporate statues which require increased flexibility, balance or strength. Ask students to hold these for 10-20 seconds.
- > **'Blast off!'** – have students start in a freeze hold. Teacher counts down 10-9-8... etc. On zero, teacher calls BLAST OFF! and students run in different directions until the stop signal is given.

## Change it

- > Encourage players to hold the body position for different lengths of time.
- > Slow down the pace of the music to allow greater body control when forming statues.

## Safety

- > Check there is enough space between players.

## Ask the players

- > What are the different ways you can dance around the room?
- > How can you make interesting statues?
- > How can you use different body parts to make different shapes and statues?
- > How can you make sure that you are able to hold your position of the statue once the music stops?

## LEARNING INTENTION

*Musical statues* is an energiser that develops balance skills whilst students respond to a musical stimulus.

PHYSICAL LITERACY ELEMENTS

STABILITY/BALANCE FLEXIBILITY

STRENGTH SELF-REGULATION (PHYSICAL)

CONTENT KNOWLEDGE

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08  
ACPMPO25  
ACPMPO43