

Moving fun

Players explore different movements with different body parts in different directions.

What you need

- > 4 x individual posters with the following written on them: left leg, right leg, left arm, right arm
- > Wall space or other space to display the posters
- > Cards with the following words written on them:
 - large circles clockwise standing up
 - large circles anti-clockwise standing up
 - small circles clockwise standing up
 - small circles anti-clockwise standing up
 - large circles clockwise sitting down
 - large circles anti-clockwise sitting down,
 - small circles clockwise sitting down
 - small circles anti-clockwise sitting down
- > Music and music player

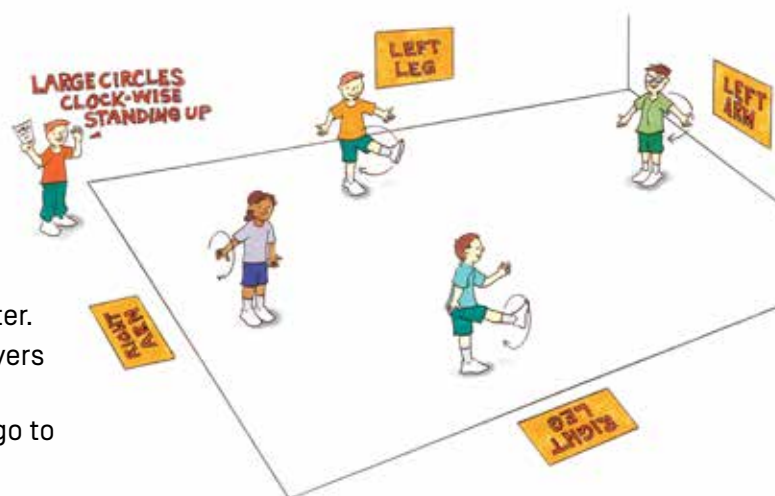
Change it

- > Make sure players have time to determine the correct direction of movement and avoid going too quickly.
- > Encourage players to alternate from right-side movements to left-side movements so that the body is used evenly rather than on the dominant side only.
- > Vary the type of music to keep the activity engaging for players.
- > Vary the movement [e.g. hop, skip, animal walks, free choice].



What to do

- > When the music starts, players move freely around the room.
- > When the music stops, players move to a poster of their choice.
- > Randomly select a card from your deck and call out the action.
- > Players perform the nominated action for 10 seconds using the body part on the poster.
- > After 10 seconds, the music starts and players continue to move freely around the room.
- > Players must choose a different poster to go to each time the music stops.



Safety

- > Check there is enough space for all players to perform the selected skills/activities.

Ask the players

- > Ask students to move limbs in different ways [e.g. figure 8, draw their name/ alphabet, 1-10].
- > Ask players to perform the nominated action for 30 seconds and compare how their body feels and moves differently.
- > What can you do when you start to feel too tired?

Teaching tips

Remind students how to maintain body control when balancing [e.g. spread their feet shoulder width apart or spread their arms out wide if they are standing on one leg].

LEARNING INTENTION

Moving fun is an activity that practices specific movement directions and raises awareness of body parts.