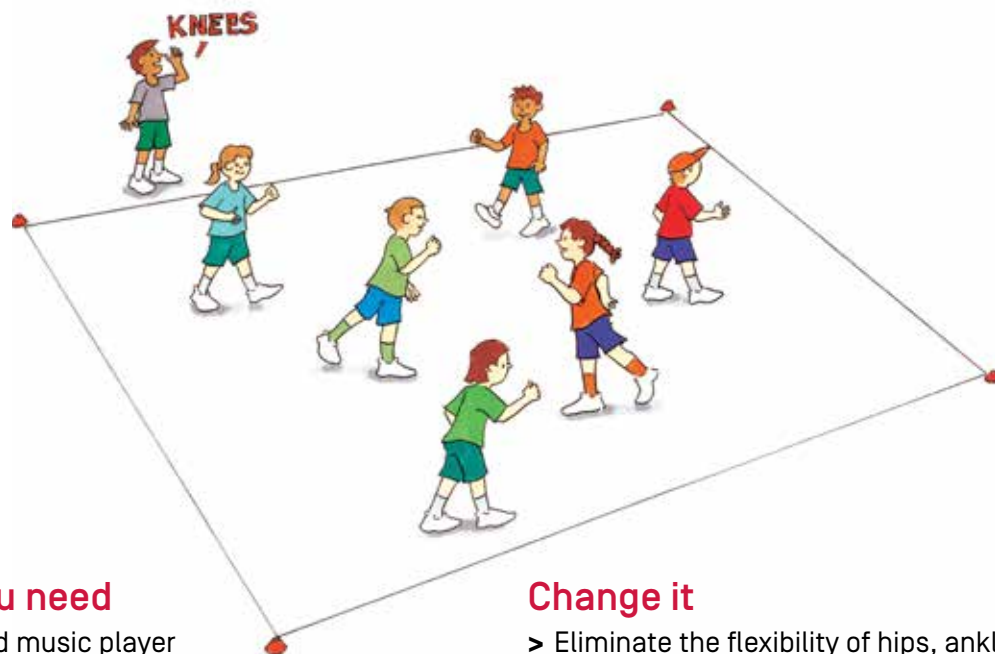




What happens?

Players experiment with movements by pretending they have lost movement of a particular body part.



What you need

- > Music and music player

What to do

- > Players move freely around the room in time with the music.
- > When the music stops, call out a particular body part [e.g. knees].
- > When the music re-starts, players move around the room pretending they cannot move this body part [e.g. players walk without bending their knees].

Change it

- > Eliminate the flexibility of hips, ankles, wrists or spine.
- > Ask players to perform a range of scenarios without the use of particular body parts [e.g. eating an ice cream without bending their elbows, or crossing a road without turning their head].
- > Ask players to perform a range of tasks without using particular body parts [e.g. ask players to try to sit down without using their knees].

Safety

- > Make sure movements suit players' movement capacity.

Coaching

- > Encourage students to provide feedback from themselves and others, on how the loss of limb movement changes the way they use their body.

Ask the players

- > What happens if you try to move without the use of a particular body part [e.g. knees or neck]?
- > What did it feel like when you were asked to sit down without using your knees?

LEARNING INTENTION

What happens? is an activity that teaches the importance of particular body parts in body stability and movement mobility.

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS

STABILITY/BALANCE

SELF-PERCEPTION

AC:HPE CONTENT DESCRIPTIONS

ACPMPO09

ACPMPO29

ACPMPO44