

Moving fun

Time: 5 minutes

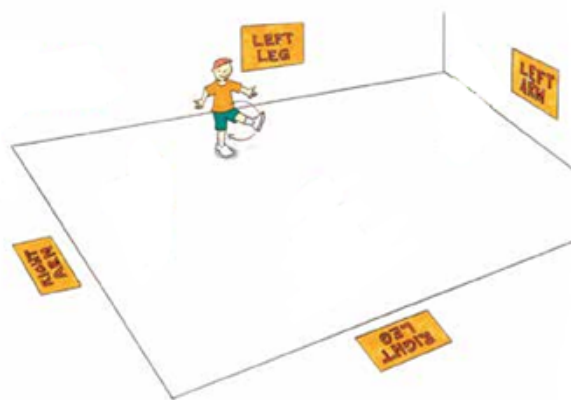
Activity

Individual/partner/group

- Players explore different movements with different body parts.
- Cards with activities are placed near posters that are labelled with specific body parts.
- One person starts some music and players move/dance freely around the room.
- When the music stops, players move to a poster of their choice.
- They randomly select a card from the deck and call out the action.
- Players perform the nominated action for 10 seconds using the body part on the poster.
- Players choose a different poster each time the music stops.

Safety

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



Equipment

- 4 individual posters, with the following:
 - left leg
 - right leg
 - left arm
 - right arm.
- Cards with the following written on them (examples):
 - large circles clockwise standing up
 - large circles anti-clockwise sitting down
 - hop up and down on one foot
 - jump up and down like a frog.

Activity variations

- Vary the type of music and or vary the movement (e.g. hop, skip, animal walks, free choice).

