

## Mirror, Mirror

- Children to face a partner from a 2m distance
- One of the two pupils starts to show various motions/movements
- The other individual then mirrors the motions/movements
- After a given time limit, the partners are to swap roles



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## Bean

- Runner beans – jogging on the spot
- Broad beans – standing tall and walking on tiptoes
- Jumping beans – jumping on the spot
- Jelly beans – moving around like jelly
- Kidney beans – hopping on the spot and holding on to one knee
- Baked beans – crouching down and curling up very small



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## Traffic Lights

- Red – stop
- Amber – jogging on spot
- Green – jogging/running
- Move lanes – changing direction



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## Video Game

- Play - walking
- Pause - stop
- Fast forward – jogging/running
- Rewind – walking backwards
- Record – walking using silly actions or faces



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## Washing Machine

- Dress – standing with legs and arms outstretched
- Trousers – sitting on floor with legs outstretched together
- Shorts – sitting on floor and hugging legs into stomach
- Wash – jumping up and down on the spot
- Spin – spinning/turning on the spot



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## Simon Says...

- One player takes the role of 'Simon' and then begins to issue instructions to the rest of the group
- Children only follow the instructions that begin with "Simon says..."



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## Jungle

- Children are running through the jungle and are given a series of commands to follow as they escape different animals:

- Jumping over logs
- Ducking under branches
- High knees
- Running from a given animal
- Tiptoeing past a given animal
- Swinging through the jungle like Tarzan



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## Pirate Ship

- Main deck – jogging on the spot
- Port – children jogging to their left
- Starboard – children jogging to their right
- Stern – walking backwards
- Scrubbing the deck – crouching down and pretending to clean the floor
- Climb the rigging – pretending to climb a rope ladder
- Walk the plank – walking in a perfect straight line with one foot in front of the other and arms outstretched
- Shark attack – crouching and moving with one bent arm forming a shark fin



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## Under the Sea

- Starfish – star jumps on the spot
- Crab – sideways scuttling movements
- Dolphin – crouching low and leaping up on the spot
- Stingray – crouching low and gliding around
- Octopus – moving around slowly using jelly arms and jelly legs



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## Zip, Zap, Zoom!

- Form a circle and stand 2m from each other
- Zip – clap-point to the person on your left
- Zap – clap-point to the person on your right
- Zoom – clap-point to somebody else at another location in the circle
- The person selected must then keep the game going
- Restart if the wrong command is said or someone claps in the wrong direction



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## Pass the Movements

- Children line up behind the game leader, standing 2m apart from one another
- Children close their eyes and can only open them when they hear their name called
- The game leader says the name of the person behind them. This child opens their eyes and the leader then silently shows them 1-3 movements to memorise
- The aim is to pass the movements from beginning to end without making any mistakes



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## Countdown

- Form a circle and stand 2m apart from one another
- The aim is to count down from 15 to 1
- The game leader will start the countdown at 15
- Another player will say the next lowest number
- Children in the circle can say any number
- If two players say a number at the same time then they must do 5 star jumps and begin the game again



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