## 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.

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- Amber jagging on spot
- · Green jogging/nunning
- · Move lanes changing direction



### 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..."



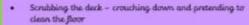
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## Jungle

- 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 jagging on the spot
- · Port children jogging to their left
- · Starboard children jagging to their right
- · Stam walking backwards



- . 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, Zooml

- . 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
- Zoam 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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