

**F THE TIGHTROPE**

One by one, slowly walk along an imaginary (or real) line. Pretend you have an egg on your head as you walk. When you get to the middle, stop and balance on one leg until the teacher says to keep walking.

CHALLENGE: How many different ways can you balance? On your tippy toes, leaning to the right or with your arms up? How long can you balance?

F INTRO

Welcome to **Activate** the resource that encourages students to embrace dance while enjoying fun and purposeful physical activity in the classroom. Scan the QR code to learn more about how to use this resource and access the learning support materials, activity videos and music library.

F DO IT LIKE

Follow your teacher or the video to learn a dance phrase (series of actions). When you feel confident with this phrase, add some music.

CHALLENGE: Now change the quality of the movements by adding a character such as robot, astronaut, or animal. How many ways can you change the movement to reinvent the story?

F JUMP & MOVE

After a warm up, you will jump and move to the music. For the chorus, you will jump and land three times then freeze. No wobbles! In the verse, you will jump and wiggle three times then freeze.

CHALLENGE: Try different combinations. Bend and stretch. Open and close. Twist and turn.



F MOMENT OF FAME



Time to shine! Stand in a circle and one-by-one, step into the middle to do a 10 second performance, showing off your favourite moves. On your teacher's signal, strike a pose while everyone claps enthusiastically.

F ZIP, ZAP



You are going to stand in a circle and clap to pass the energy around. You say 'zip' to pass the direction of energy clockwise and say 'zap' to pass it anticlockwise. Pick a leader to start and practice. Try to maintain eye contact and establish a pulse. Now add some music and zip, zap with the beat.

CHALLENGE: Can you do this sitting or standing on one leg? Can you change the direction of energy mid-circle?

F SPOT THE LEADER



Who's calling the shots? Create a circle and pick a guesser, who will step out of the circle and close their eyes. The teacher silently picks a leader who then creates a steady, percussive rhythm by clapping, clicking their fingers or stamping their feet. Everyone follows along in unison. When the leader changes the rhythm, everyone changes with them. The guesser enters the circle and has three chances to spot the leader. Take turns being the leader and the guesser.

F COUNTDOWN



Can you create a shape with your body, or just a few body parts? How quickly can you do this? Stand with plenty of space around you and get ready to make the shape your teacher calls out after a 5 second countdown. Hold the shape until the next one is called out.

CHALLENGE: Try to increase the speed of the transition, or the length of time you must hold the shape. Try creating shapes in pairs or to the beat.

F CLOSE TO YOU



Let's play follow the leader.

Select a leader to silently move around the space in many different ways. Everyone follows them around, copying the leader's movements as close as possible. When the leader stops, everyone must freeze in a balance pose. Change leaders frequently.

CHALLENGE: Explore more complex ways to travel around the space. This time, the leader will call out a movement and a direction, which everyone must try to do in unison. Bounce to the whiteboard! Glide to the desks! Tip toe to the door!

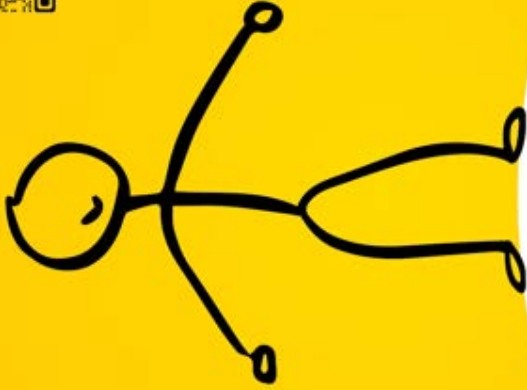
F A DAY AT THE BEACH



In groups of 3-4 you will create a movement story based on a day at the beach. You might walk to the beach, put on your hat, rub on sunscreen, hop over the hot sand and run into the water. Add your own ideas and practice the movement story so you remember it.

CHALLENGE: Change your story by changing the quality of movement. Maybe you splash instead of run or wiggle rather than hop.

F BODY BUBBLE



You're inside a bubble. It's your job to clean it with different body parts. Try using your knees, elbows, shoulders, head, bottom, arms, back, hands, or feet.

CHALLENGE: Add a body base while cleaning – hands, feet, stomach, back, forearms, knees or bottom.

F THE ZOO



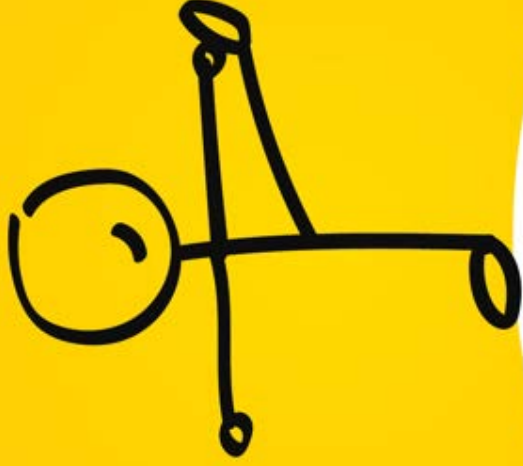
This is like a game of 'Grandmother's Footsteps' but with animal movements. The Zookeeper will choose an animal, then face the wall. Starting on the other side of the room, everyone else must move like that animal and try to touch the Zookeeper on the shoulder. If the Zookeeper catches you moving when they turn around, you must return to the start. Whoever touches the Zookeeper first, gets to become Zookeeper in the next game.



**F ROM**

Let's play with your range of motion. You will circle, flex, extend and tilt different body parts. Stand on one spot and circle your head, shoulders, wrists, fingers, hips then ankles. Try flexing or extending these body parts. Can you move different parts at the same time?

CHALLENGE: Focus on one body zone at a time; upper body, lower body, left or right side.

F YOGA SKILLS

Yoga helps you relax and builds body awareness, control and balance. Find some space on the floor and follow the poses demonstrated by your teacher (or the video). Try to hold each pose for 3-5 breaths.

F IMAGINE THAT

Follow along as your teacher calls out everyday actions such as bend, stretch, twist, turn. Now it's time to use your imagination. Swing like a monkey, stretch like a rubber band, bend like a tree in the wind.

F WHY WALK?

The leader calls out *"Why walk when you can crawl!"* and you follow. Each time they call out, they choose a different verb so you will travel around the room in many different ways; creep, bounce, skip, stomp or roll.

CHALLENGE: The leader adds a destination. *"Why walk when you can stomp to the white board!"*.



CUT HERE

CUT HERE

CUT HERE

F ERROR ROBOT



Dance like a robot.
Swing your arms, shrug your shoulders up and down, twist stiffly left and right.
When the teachers call out "error!" your robot malfunctions and you must repeat whatever movement you were doing like a glitch.
You can only return to dancing when your teacher calls out "reboot!".

F ACCUMULATIONS



The teacher says "I was walking down the road and I saw...a flower" and chooses an action to match.
The students all copy the word and action.
The next student repeats what the teacher said and did, then adds another word and action.
All students copy this too. Everyone takes turns repeating the list, before adding their own words and actions.

F MOVEMENT STORIES



You will tell a story using movements in a particular order.
Imagine you are a trapeze artist in the circus. You climb the ladder, reach for the bar then swing on the trapeze. After practicing this sequence, add to your movements using an element of dance: slow, heavy, fast, light, pause or sharp.
CHALLENGE: Try the same movements in a different theme.

F UNDER THE SEA



Stand in a "V" shape as groups of 5-6. The person at the front is the leader. Without talking, the leader slowly acts out something that can be found under the sea. Maybe it is an octopus, some seaweed or a school of fish.
Everyone else must mimic the leaders' movements as close as possible.
You must work together to create unison. Swap leaders.



CUT HERE



CUT HERE



CUT HERE



CUT HERE



CUT HERE



CUT HERE