

ACTIVATE

F BODY BUBBLE



You're inside a bubble.
It's your job to clean it with different body parts: knees, elbows, shoulders, heads, bottoms, arms, back, hands, feet.

CHALLENGE: add a body base while cleaning: hands, feet, stomachs, backs, forearms, knees and/or bottom.

F IMAGINE THAT



Teacher selects one word: *bend, stretch, twist, turn, swing* and includes an action from everyday life eg. bend and touch toes, stretch and yawn, reach for a branch, twist and aim your arrow, turn around in a circle. Now use your imagination. Swing like an *elephant's trunk* or a *monkey in a tree*, bend like a *flamingo neck* or a *snake's body*, stretch like a *cat* or a *rubber band*.

F WHY WALK



This activity shows how diverse movements can be. Teacher calls out '*Why walk when you can*' and selects a verb: creep, commando crawl, run, skip, crawl, bounce, stomp, roll. To music, try as many different ways of travelling as possible.
Change leaders too!

F ROM



ROM stands for *Range of Motion*. In this quiet activity as we circle, flex and extend body parts. To relaxing music, circle heads, fingers, wrists, elbows, shoulders, torso, hips, ankles, toes. Flex and extend spine, elbows, wrists, fingers, torso, hips, knees, ankles, toes.

CHALLENGE: do it on one leg!