

ACTIVATE

L1-2 COUNTDOWN



2 groups compete against each other to create shapes. Winning is in terms of creativity, speed and teamwork.

Give a score out of 2 for each category.

Start easy: circles squares, lines, circles, curves, triangles, zigzags, wavy lines.

CHALLENGE: playground equipment, a building, a zoo, an amusement park, a train, a circus tent. What other amazing shapes can you make?

L1-2 DO IT LIKE



Start with a series of actions called a phrase - stand up (unfold), yawn (reach), look around (twist), move forward, reach down (fold), sit, stand and throw (swing). Now change the quality of the movements by adding a character or animal: a monkey, astronaut, a sea or magic creature, a robot, a rodeo rider, a famous athlete, a spy. How many different ways can you reinvent the movement to tell a story?

L1-2 MOMENT OF FAME



Stand in a circle. Put on some music. One-by-one, students enter the centre and do a 10 second performance. They stop and freeze on teacher's signal and take a bow. All students must enthusiastically clap them.

SIMPLE IDEAS: marching, patting your head, turning, star jumps, head nods, rotating wrists, crossing arms, shrugging shoulders.

After doing this activity several times, students will build confidence.

L1-2 ZIP ZAP ZOOM!



Stand in a circle. Students clap to pass the direction of 'energy' by saying 'zip' for a clockwise direction. Add 'zap' in an anticlockwise direction, practice this. Try to establish eye contact and a constant pulse/beat when performing in each direction.

CHALLENGE 1: Increase the pace of the game for extra excitement!

CHALLENGE 2: Do it standing on one leg.