

ACTIVATE

L5-6 FREEZE, MELT, MOVE



In pairs one student is the 'mover', the other is the 'manipulator'. Teachers call **MOVE** and movers bounce loosely on the spot. Teacher calls out **FREEZE** and **MELT** and the mover freezes in place, then melts into the floor.

Manipulators now select a leading part. Touch it or say it. The mover responds by moving that body part upwards. The manipulator then selects another leading part and the mover lifts that part upwards. Repeat this with 4 leading parts. The goal is to get back to standing. Put on some music and try it a few times before swapping roles.

L5-6 MISSION IMPOSSIBLE RELAY



In 2 teams, students start at one end of the room. One-by-one, they travel across the space, avoiding dangers and return in reverse then tag the next player.

The length of the space is divided into 2 sections. Section 1 – low horizontal laser beams. Section 2 - an abyss with steppingstones in a zig zag pattern. Before they reverse the actions (literally do it backwards) they must sprint on the spot, arms pumping for 20 counts. Winning team is the one that completes first. Put on some music for inspiration. We like the Mission Impossible theme.

L5-6 POSTCARDS



Begin by thinking of a place or destination: a coral reef, Disneyland, an amusement park, a haunted house, on a merry-go-round.

In groups of 6-8 form a line. The first person moves into centre of circle and makes a shape. The second person moves into centre of circle and makes a shape etc. All shapes must be held until the last person comes in. Develop your own postcards with diverse people, plants and animals.

CHALLENGE: add a range of levels and actions

L5-6 LEARN THIS PHRASE - SUPERHEROES



DO A BRIEF WARM UP: gentle head moves, slow shoulder and arm circles, slowly roll down and touch toes, roll up and rise in the air, repeat the roll down and up. Repeat the whole thing 4 times slow, 4 times faster. Now that you're warm, go to the link in the description below the video and learn the dance.

CHALLENGE 1: add a super entrance and a fabulous formation,

CHALLENGE 2: reverse the whole dance

<https://vimeo.com/729884768>