

## **Body Awareness Activities**

**Alphabet Shapes Our Bodies** - Have the children make letters out of their bodies either individually or in groups. You could even get them to try making a short word. They could try making a word and having you guess what it is. As individuals the best letters are C, F, I, L, O, T, V, X, Y. In pairs the best letters are A, B, C, D, E, F, G, H, J, K, M, N, O, P, R, S, T, U, W, X, Y, Z. In threes the best letters are B, R, S, W

**Basic Movement** - Children move around a designated area using basic locomotive movements including hopping, power walking, bounding, tiptoeing, backwards, sideways, animal movements, jumping, high knees, stiff legs etc.

**Movement To Music** - Same as the above activity but use music and create movements to the beat of the music. The movements could be done from one end of a room to another (i.e. zig zag, side steps, sliding steps etc.). The teacher demonstrates a movement to the beat of the music and the kids follow. Children could be in lines at one end and first child in each line goes, then the next and so on.

**Animal Walk Activities** - Bunny hops, monkey walk, seal movement, frog jumps, bear walk, crab walking, kangaroo jumps, chicken walk, seal walk, monkey walk, chicken walk etc. Use these walks in activities such as relays, musical statues or as part of warm ups

**Stepping On Toes** - In pairs, children stand with a partner at about a metre apart. On GO, both try to step on each other's toes, keeping their hands behind their backs

**Spinning Pairs** - Have the children start in pairs and ask them to start holding hands facing each other. Now get them to let go hands, close their eyes and spin three times. Tell them not to open their eyes, but to try to join hands again

**Cooperative Walk** - Have the children start in pairs, with them both facing the same way and the foot of each child that is closest to the other is put against the other person foot (so they look like they would in a three legged race). Have the children walk, without letting their feet come apart from each other (one person's right foot next to the other persons left foot). Try this with groups of three and once the kids get the hang of it you can make the groups even larger

**Balancing** - (front or side plank with either have elbow on floor or arms straight and hands only on floor), standing on one leg, balancing with eyes closed, squatting down on the ground without lifting heels off the floor, hopping backwards, balancing on a stick similar to a broom handle, balancing on tippy toes with arms straight up above your head or balancing on a fitball (one leg up or both legs up)

**Beam Activities** - Use a low balance beam to encourage balance. Activities could include simple static balances/poses on beam and movement across beam. Show the children

various poses and movements, and then encourage them to design their own routine. Students can work in pairs to do their routines.

**Beam Under And Over** - Have a group of children standing on a beam, all facing one end. Give the first child a ball and have the group play 'under and over' with the ball. The ball goes over the head of first person, under the legs of next person and so on. This can be modified to simply pass the ball from child to child along the beam (not under and over) or passing a beanbag or hoop along the beam. For confident children, get them to try passing a hoop with feet only

**Jumps And Landings** - Show children how to do a safe 'motorbike' landing (relating to gymnastics). Encourage children to land with feet apart, knees bent and arms out forward like hands are holding motorbike handles (like being seated on a motorbike). Do these landings from boxes/height onto mats. Can try jumping with a straddle/half turn or other ways and then landing safely

**Jumping Sequences** - Get the children to try various sequences of jumping. For example: two jumps forward for then one jump backwards and keep repeating, hopping on one leg for three hops forward then opposite leg for three hops back then two double leg jumps forward

**Artistic Gymnastics** - Demonstrate and encourage children to try various artistic gymnastic movements using hoops, ribbons, balls and ropes. Encourage the children to make their own routines

**Skin The Snake** - Have the children standing in a line. The children put their right arm through their legs to link up with left hand of the child behind them. Once all the children are linked, then the back child attempts to lay down, with the rest of the children moving back to enable each child to lay one by one behind the child that was initially behind them. Once all the children are lying down, they then work backwards to all get back up again, with the child who laid down last being the first to get back up

**Standing With Linked Arms** - Have two children sitting back to back with their arms linked, and see if they can stand up together and then sit down again

**Stepping In And Out** - Children stand facing a partner and hold hands. One of the children gets their left leg and steps over the right arm of their partner. The partner then steps their right leg over the left arm of the first child so both children end up facing away from each other. The children then need to figure out how to get back facing each other again

**Knee Slap** - Have the children paired up with someone similar to themselves (in arm length). Both children then have their left arm behind their backs and right arm tries to touch the other person's knees. Have a point system, where every touch gives the child a point and see how many points they can get in a set time. Encourage the children to keep their legs back and lean forward at the hip

**Hand Push** - Have the children paired up with someone with similar ability. Have the children put their hands flat against their partner's hand at about shoulder height. Their feet should be about hip width apart and the children have their toes touching their partner's toes (or you can have the partners feet a bit further apart). On GO, the children push against each other's hands, trying to encourage the other to take a step backwards

**Chain Hopping** - Start with three children standing in a line all facing the same way. Each child in the line holds the left foot of the child in front of them, with their left hand. The front child will not have a foot to hold, so they stay standing up. All the children in the line then all try to hop at the same time (chain hopping) on their right foot. For older children, increase the number of children in each line.

**Log Races** - Have the children lay down and roll from one end of the room to the other, keeping their bodies long like a log (hands up above their heads). Let a few of the children roll at the same time, trying to get from one end of the room to the other first (you will be surprised how hard it is for them to roll in a straight line). Let the children roll in pairs by laying one above the other, and the one at the bottom grabs the ankles of the one at top and they both roll together. Then try the whole class or bigger groups linked together

**Characters** - Have the children running around the room as particular characters/things. They could be butterflies, ballet dancers, Ninja Turtles, grasshoppers, snakes, rocket ships, motor cars, dinosaurs, fish, octopus, cowboys, anything you can think of. Ask the children to say what they want to be. These characters/things could be incorporated into a musical statue type game or used as a warm up activity

**Human Knot** - Have children stand in a circle and get them to all put their hands in the middle and link hands with other children – try to link each hand with a different person. Then they must try to untangle themselves without letting go so they end up in a circle holding hands

**All Touching** - Have the children gathered around a fitball and all touching it, then reduce the size of the ball to a basketball, then tennis ball, then marble with the aim of still having all children touching that object. You could also see how many children can stand inside a hoop

**Tricky Skills** - Let the children try things like rubbing tummy and patting head, blinking one eye then the other, saying tongue twisters, clicking fingers, licking elbow, putting foot on head, starting on knees and jumping up onto two feet or jumping up and double clicking their heels. You could have children show each other tricks, getting each other (and you) to try them

**Mirror** - Children work in pairs. One child does various movements or facial expressions and the other child has to imitate the first child (as if being a mirror)

**Keep Close To Your Partner** - Children start out in pairs with the aim of one child staying really close to their partner (within touching distance). The partners aim is to shake them off but they can only walk. You could try this with hopping or other forms of movement

**Movements To Poetry** - Make up silly poems to move/sing to

**Dancing** - Teach the kids a traditional or other type of dance (such as Zorba, Macarena, Nutbush or Troika). You may need to find CD's that have good music and dance steps provided, or look on the Internet for some good dances. Make sure you practice the dance first so you know what you are doing! You could have a disco for a fitness session or just play some music let the children dance in their own way

**Changing The Dance To Suit The Music** - Have a tape or CD with a variety of styles of music (hip hop, ballet, orchestra, nature sounds etc.). Play the music and have kids interpret the music in their own way, choosing how they will dance/move to it

**Inventing A Dance** - Have the children modify a dance they have been taught, or to invent their own. Have a theme (footy team dance during finals week, kids television show theme song dance, dance for an advertisement of their favourite food etc.