

GAMES #3

MOVEMENT PATTERNS

Devise and perform a simple movement pattern on the floor. The pattern should include four different elements including jumps, rolls, rocks, spins, balances, and shapes. It should also include a definite start and end shape.

Shapes can be tall and wide, tucked, thin, symmetrical or asymmetrical.

Easier:

Less elements e.g. 2 or 3 with start and end shape.

Challenge:

Increase the number of elements included. Include equipment such as a ball or hoop e.g. can they carry a ball throughout the movement sequence in an interesting way.

Performance:

Allow children time to perform. Then discuss how sequence can be improved and perform again. Allow time for children to discuss with you how they can improve.