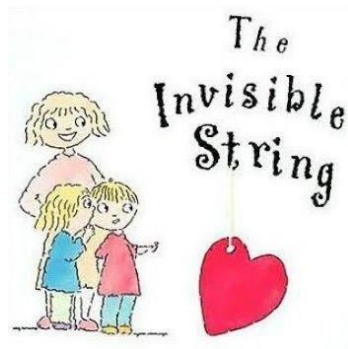


Movement Activities

Our Invisible String

Imagine we are all connected together by an invisible string

Let's get a ball of string and pass it back and forth to make a web each time we can say who our string is connected to or attach a tag with their name to the end of the string



Fizzy Lemonade

Let's listen to lots of different music and move around the room as you think the music does

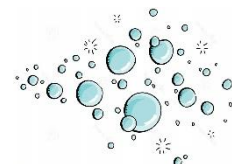
Think about how the music makes you feel - Excited?
Angry? Sad? Happy?

Now stand as still as you can and notice how your body feels - you can tell or show us how it feels

What happens when you shake a bottle of pop?

Jump up and down as quickly as you can and then FREEZE

Pay attention to how your body feels again - is it like fizzy lemonade?



Monster Movement

How do you think a monster would move around?

Use your whole body to show us

Make big movements around the room

Now move like a happy monster

Now move like an angry monster

Now like a frightened monster

Now like a sad monster

Now like a calm monster



Hot Air Ballooning Yoga



Stand up straight feet together

Wave your arms up in the air jumping up and down

Roll your shoulders up and down and around

Hop then jump in and wave singing hot air ballooning

Cross your legs sitting down

Cup your hands around your mouth and blow the imaginary balloon up as big as you can moving your hands as it grows

Stand up moving from side to side rocking your hot air balloon

Now it's time to land on the ground tuck up as small as you can on the ground

Tissue Dancing

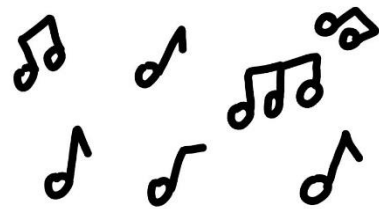
Place a tissue on your head

When the music starts everyone starts dancing

But be careful the aim is to keep the tissue balanced on your head while dancing

When the tissue hits the ground start again

Record how long you can keep the tissue on your head and try to beat your record



Tape Jumping

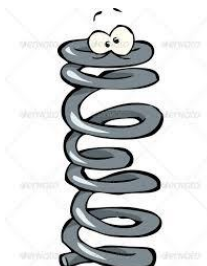
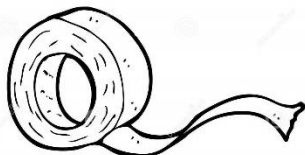
Lay out 6-8 strips of tape ready

Try and jump as far as you can

Use the tape to stick where you land

See how far your tape has gone to know how far you have jumped

Create a little hopscotch or obstacle course with the tape - try and jump on the marks put down



Stretching Activities

Fish Pose

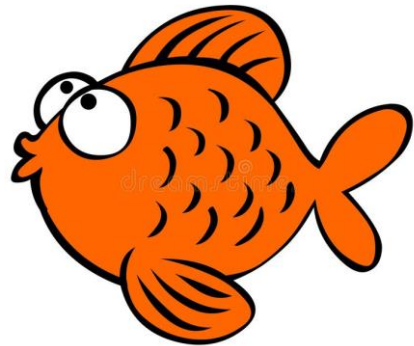
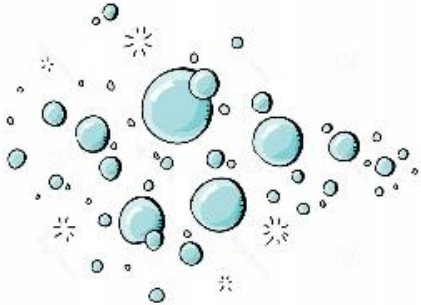
Sit down with your toes in front of you

Drop down onto your elbows

Then we pop our chest up towards the sky

Maybe look up to the sky or behind you

You can blow bubbles in this pose if you have some
too



Balloon Pose

Sit down with your legs crossed

Bring your hands to your mouth

Take a deep breath in and blow up your balloon

Stretching as wide and high as you can until your
fingertips join together at the top to make a balloon
shape

Sway your arms from side to side as the wind blows
your balloon



Cat Pose

Start on your hands and knees

Focus on stretching your tummy, back and neck

Drop your tummy slightly and look up like a purring cat

Now arch your back like an angry cat

Repeat this a couple of times until you feel nice and stretched



Googly Eye Pose

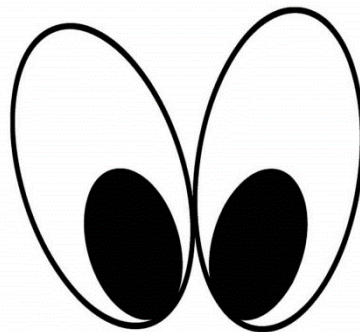
Stand tall

Feet apart

Bend forward at the hips

Look in the gap between your legs

Make silly faces to the person behind you



Ball of String Pose

Crouch into a small ball imagining you're the ball of invisible string



Tense all your body

Slowly stand up and stretch high imagining you're a long piece of invisible string

Go onto your tip toes and stretch

Now relax

Have a look at some uncooked spaghetti this is what our body is like when we stretch and tense

Look at some cooked spaghetti this is like us when we are relaxed



Butterfly Pose

Sit down with the soles of your feet together use your hands to keep them together

Your legs are like butterfly wings now

Elbows can rest on your knees

Gently press knees down if you want to stretch further

Bend forward from the top of the back and reach towards your feet



