

Musical Body Parts

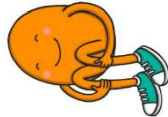


Equipment: A lively piece of music.

How to Play: Children to find a space and adults to play a lively piece of music for them to move and dance to. When the music stops, adults to call out a body part. For whichever body part has been called out, the children need to make sure that particular body part is touching the floor. Continue the game using a range of different body parts.

Challenge: Call out two body parts (e.g. knees and hands) and see if the children can have both body parts touching the floor when the music stops.

Activity Beans



Equipment: None.

How to Play: Tell the children they are going to be beans. Explain that they need to listen to which type of bean they will be and then move like that type of bean. Start off with about three different types of beans. This can be increased as the children get used to playing the game.

You could choose from:

Runner bean – Run on the spot.

Jumping bean – Moving around whilst jumping.

Coffee bean – Fast running.

Jelly bean – Move like wibbly wobbly jelly.

Baked bean – Curl up very small on the ground.

Magic bean – Skip around whilst casting magic spells with your pretend wand.