

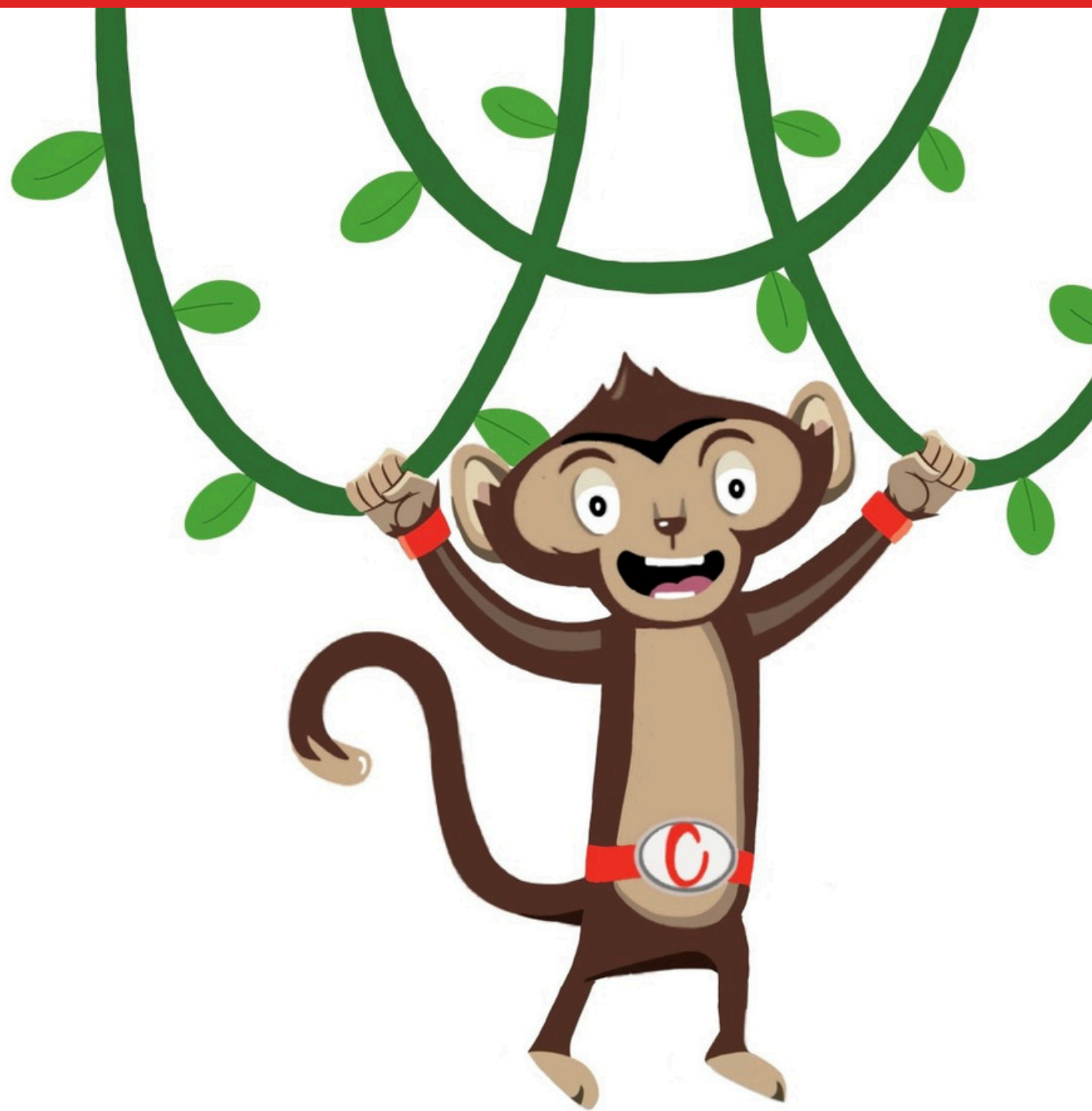
Musical Statues



Brain break



5 minutes



Instructions

Plays some music and ask the pupils to dance and move while the music plays, when the music stops the pupils must freeze and stand as still as they can! See what pupils would make a great statue in your class.

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity.
- Ensure pupils leave stationary on the table.
- Remind pupils of their own spatial awareness.
- Give clear instructions.

Teacher Tips

This activity is suited to all ages.

Refer to the Activity Sheet for some movement ideas!

Musical Statues

Just like the classic party game, the teacher plays some music, while the pupils are dancing, or performing an exercise (jumping jacks, march on the spot). When the music stops the pupils must stand as still as they can!

Example of dances and movements:

- Freestyle wiggle
- Pretend to be an elephant
- Dance like a robot
- Do some squats
- Full body shake
- Do some lunges
- Favourite dance moves
- Jump squats
- Macarena dance
- Star Jumps
- Pretend to be a monkey
- Flow like water



Example of songs:

- Wheels on the bus
- Nursey rhymes
- Songs from their favorite TV show
- Current pop songs

