

# Freeze!



**Lively Lesson**



**5 minutes**



## Instructions

Similar to musical statues, the teacher directs the pupils to take part in some standing movements on the spot. When the teacher calls out “Freeze!” the pupils must stand as still as possible, and the teacher can check around to see who can make a good statue.

## Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity
- Remind pupils of their own spatial awareness
- Give clear instructions
- Leave all stationary on tables

## Teacher Tips

This activity is suited to all ages. See activity sheet for more information.

Foundation: instructions can include actions for example stomp your feet and wiggle your body.

KS1: add more descriptive actions such as move around the room and show me a happy face and sad face.

KS2: add more challenges like balance on 4,3, 2 and 1 limb.



Chest  
Heart &  
Stroke

# Freeze!

This activity is similar to musical statues. Instruct your pupils to move around the room, but in different ways. When you call out “Freeze” they must stop on the spot and freeze like a statue. Walk around your class and see who would make a brilliant statue or if anyone moves.

## Foundation Examples:

- Stomp your feet
- Wiggle your body (arms, legs, head)
- Balance on your bottom (on the floor)
- Walk on the spot

## KS1 Examples:

- Walk around the room with a happy face (sad, excited)
- Pretend to be a bus driver (change to different active jobs)
- Move quietly, move loudly
- Dance



## KS2 Examples:

- Make yourself small, make yourself big (while moving)
- Pretend to play a sport
- While moving show me a worried face (ask to show different emotions)
- Bounce on the spot
- Balance on 4, 3, 2, 1 limb

