

# Movement Train



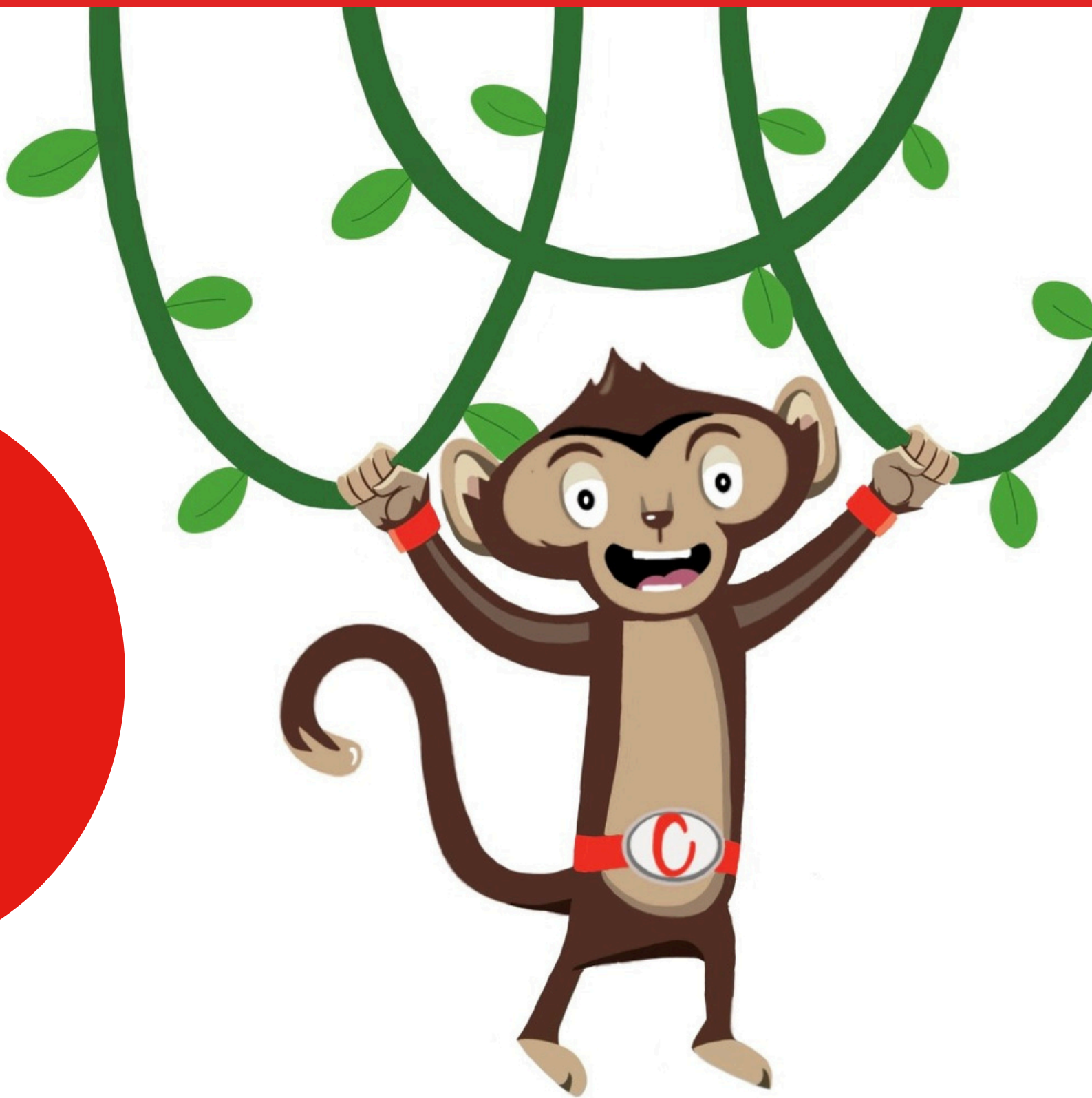
**Lively Lesson**



**5 minutes**



**Large Space Required**



## Instructions

In a large hall, or outside, split the class into groups of 5-6.

Ask the pupils to stand in a line behind each other, the person at the front does a movement or dance, and then the person behind copies the movement, and so on, allow them to do the movement for 20 seconds. Then the person at the back can go to the front and choose the next movement. keep going until the 5 minutes are over.

## Health & Safety

- Ensure floors are clear before taking part in any activity
- Remind pupils of their own spatial awareness
- Give clear instructions

## Teacher Tips

Suitable for all ages

Refer to the Activity Sheet for some ideas!

Foundation: Teacher may have to help or lead pupils

Key Stage 1: Keep the movements simple of dance moves and staying in the same place

Key Stage 2: Can get more complicated of walking around the space, hopping



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## Foundation Examples:

- Star jumps
- Act like an elephant
- Jump side to side
- Dance moves
- Pretend to be an airplane



## Key Stage 1 Example:

- Mexican wave
- Turn around on the spot
- Hop on 1 leg
- Touch toes
- Pretend to bounce a basketball

## Key Stage 2 Example:

- Pretend to do hopscotch
- Fast feet on the spot
- Lunges
- Squats
- Hold a yoga pose

