

Body dancing game

Key Stage 1 (5-7 years)

This fun activity is linked to elements of the National Curriculum:
Personal Social Health Education (PSD and PSE) and Physical Education.

Learning outcomes

- Recognise and name parts of the body
- Understand there are ways of reducing the chance of getting ill, in particular being healthy and keeping active

Preparing for the activity

You will need

- A tape recorder
- A rhythmic piece of music

Before the activity, ask your pupils if they have ever been sick or ill and discuss how they felt. Explain that there are ways we can help our body to be fit and healthy so that we hardly get sick or ill and they are going to play a game, which helps them be active.

Encourage them to recognise and name different parts of the body, explaining the movements they can make.

What to do

Gather your pupils together in a space large enough for them to move without touching anyone or anything else and where they can see you.

Choose a part of the body and model a variety of movements eg. arms and hands – flapping, waving, wriggling, etc. Ask them to copy you. After a few examples, choose each one in turn to show a body action for the others to copy. Finally, encourage them to put all the actions together to make a body dance.

Next, tell your pupils that you are going to play the game again with music. You can choose to play the game this time without making any noise at all.

Explain that being active every day will help you avoid getting ill.