

Move and freeze

What you need

- Streamer: long piece (1–1.5 m) of wide (6–10 cm) ribbon/crepe paper
- Cardboard tube/rolled piece of cardboard/short stick (to make a handle to hold the ribbon/streamer)
- Stapler and staples/glue/masking tape or sticky tape
- Pathway (marked with chalk, objects, rope/hose)
- Optional: CD with music (for students to move to)

Game 1: Streamer on the spot

1. Attach the streamer to a handle (for example: cardboard tube, rolled cardboard, short stick) using staples, glue, masking tape or sticky tape.

2. Prompt students to move the streamer in different ways using the right and then the left hand, including:

- sweep the streamer in one hand from left to right across their body at different heights (up high/chest height and down low) and change hands
- make circles with the streamer on each side of their body and change hands
- make a circle with the streamer above their head (in a lasso movement) and change hands
- make snake/wiggle movements in front, to the side, across the body (at different speeds / in different directions) and change hands.



3. Play the 'move and freeze' game while students stand on one spot.

- Ask students to move the streamer in any way they like (see ideas above).
- Give a signal for students to 'freeze' for two or three seconds (clap or say 'freeze').
- Give a signal for students to start moving the streamer in a different way (clap or say 'go' or 'change').
- Repeat the game at least three times.

Game 2: Streamer on the go

Note: Choose a safe place to mark/set up a pathway (for example: located in a clear open space/ground that is not hard, loose or slippery). Wear a hat and sunscreen if you are outdoors.

1. Mark, set up or choose a pathway for students to move along. Draw a path on cement with chalk, indicate a path with ropes/hose or tell your child where to move (for example: to the fence, around the tree, under the washing line).
2. Ask students to move the streamer in different ways as they move along the pathway in different ways (for example: run, walk, skip, gallop, hop, jump as they make circles or snakes or sweep the streamer from side to side, behind them; vary the speed/direction of body/streamer movements).
3. Play the 'move and freeze' game while students move along the pathway.
 - Ask students to move with the streamer along the pathway in any way they like (for example: run, hop, skip, jump, gallop, forwards, backwards).
 - Give a signal for students to 'freeze' for two or three seconds (for example: clap or say 'freeze').
 - Give a signal for students to start moving along the pathway in a different way and move the streamer in a different way (for example: clap or say 'go' or 'change').
 - Repeat the game at least three times (to build students' fitness, strength and agility).
4. Place high-frequency words along the path for students to stop and read as they move along the path. Write the words on the path or on cardboard that can be placed along the way.

