

Bear, Mosquito, Salmon

Energizer Activity

Level: Year 3 and above

Equipment: Utilise your environment

Purpose: To encourage active listening to follow instructions while incorporating movements

Formation: Students work with a partner



Directions:

To introduce the activity, start with the entire group together and practice each of the three animal movements and sounds in unison. (For further clarification, have two people demonstrate in front of the group)

1. The Bear (arms raised with claws, making a growl sound) EATS
2. The Salmon (hands above head with the palms together, wiggling the hips and body) EATS
3. The Mosquito (hands clasp together in front of body with pointer fingers out front, moving like a stinger, making a buzzing sound) has Malaria and KILLS the Bear

To play the game:

- Two people stand back-to-back and count 1...2...3.
- On three, they jump to face the other person and perform one of three animal actions .
- Have the groups trade partners and repeat the activity several times.
- For the last round, have “Championship Bear, Salmon, Mosquito.”



Variations:

- Use a variety of locomotor skills to chase each other to a ‘safe’ zone. This could be winner chasing loser or the other way round.

For Under-fives:

- To simplify this activity for younger children, keep the animals and movements the same, and each time the animal’s name is called ask the children to stop and complete the specific animal movements. The children could move around using different locomotor movements such as, hopping, jumping, walking backwards, in between the animal names being called.
- Keep the instructions clear and short. Ask the children to repeat the instruction back to you. This will allow them to hold the information in their short-term memory for longer.

Cross Curricular Links:

- Literacy – challenge students write a narrative that includes a bear, fish and mosquito
- Students to write a set of instructions to play this game
- Students come up with their own Paper, scissors, rock variety

Links to fundamental movement skills:

Locomotor skills - choose from a range of locomotor skills to move from one spot to another

Balance skills – hold the body part

For more energiser activities go to - <http://www.ecu.edu/cs-hhp/exss/upload/After-School-Energizers.pdf>