

As If

Level: All

Equipment: None

Purpose: To encourage active listening while incorporating movement and practice using verbs

Formation: Students are spread out in the class with room to move around

Directions:

1. Teacher reads a sentence to the class
2. Students act out each sentence for 20 – 30 seconds
3. Sentences could include:
 - Jog in place as if a big scary bear is chasing you
 - Walk forward as if you're walking through chocolate pudding
 - Jump in place as if you are popcorn popping
 - Reach up as if grabbing balloons out of the air
 - March in place and play the drums as if you are in a marching band
 - Paint as if the paint brush is attached to your head
 - Swim as if you are in a giant pool of Jelly
 - Move your feet on the floor as if you are ice skating
 - Shake your body as if you are a wet dog

Variations:

- Ask students to create their own sentences for additional activities
- Create sentences focused on using specific fundamental movement skills

For Under-fives:

- Focus on the key fundamental movement skills you want the children to focus on, e.g. bouncing, hopping, jumping
- Link the fundamental movement skill to an animal movement the children are familiar with, e.g. hop like a frog; crawl like a tiger; walk like a crab; fly like a butterfly

Cross Curricular Links:

- Te Reo - Use Maori words for activities
- Literacy - use as a way practice verbs by creating a 'sentence bank'. Write 'as if' sentences on card and then have a lucky dip and pull out some to try

Links to fundamental movement skills:

- This activity will help to develop locomotor skills - choose from a range of locomotor and balance skills