

# Act it out... Sports!

**Equipment:** None

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

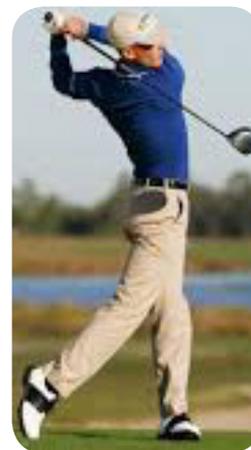
**Formation:** Individual

## **Directions to play the game:**

The teacher calls out different sports skills. The students have to mimic them for at least 10 seconds. After a while the teacher speeds up the tempo.

## **Sport skills activities could include:**

- Shooting a jump shot
- Juggling a soccer ball
- Dancing like a ballerina
- Batting a baseball
- Swinging a golf club
- Downhill skiing
- Serving a tennis ball
- Shooting an arrow



## **Variations:**

- Students make up new movements that could be enacted

## **For Under-fives:**

- Children love to play pretend games. Reword the instructions so the children can explore different movements. Ask them to pretend to be a basketballer, a ballerina or a tennis player and see what movements they come up with.
- Animal movements would be another fun way to introduce this activity to under-fives. Animal movements could include: move like a horse, crawl like bear, slither like a snake, jump like a rabbit.
- 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 to write a description that details their mime
- Students to write a set of instructions on how to shoot an arrow, etc.
- Drama – students create dramatic stories to link to their movements

## **Links to fundamental movement skills:**

This activity will help to develop balance and striking skills