



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

of Premier
Education

Body Parts

Sponsored by British Dodgeball



Overview: This gentle warm-up prepares the body and mind. It's simple to learn, but can get quite tricky!

Time: 5 - 10 minutes.

Equipment required: An open space.

Benefits:

- Gets children on the move but not running around - perfect as a morning activity.
- A safe way to warm-up the whole body.
- Improves co-ordination and spatial awareness.

The Game:

1. Have the children spaced out throughout the room.
2. The children start to walk through the room, without bumping into each other.
3. When a body part is called out, children must touch the floor with the specified body part and then continue walking.
4. Examples include hand, knee, bottom, elbow.

How to Progress:

1. Depending on the age group of the children, specify between right, left and both.
2. As they become more comfortable, start to speed up with the instructions.
3. Introduce multiple body parts at the same time for an added challenge. For example "Right knee and left hand!"
4. Once the children understands the game, alternate between who stands at the front and has a try at giving out instructions.