

Happy MOVERS

Any movement is good movement!

HOLIDAY SNAPS

Task: In this activity, students act out holiday activities using a range of body shapes and actions.

Instructions:

Lead students on a tour of different adventures around Australia by asking them to pretend that they are doing a range of activities. See examples below. Children are to do these activities on the spot (or in as much space as appropriate for the classroom).

- Ask children to pretend they are:
 - Swimming at Bondi Beach
 - Skiing down Mt Buller
 - Surfing at Surfer's Paradise
 - Marching across the Sydney Harbour Bridge
 - Kicking a goal at the MCG
 - Running the Melbourne Marathon
 - Rowing on the Yarra River
 - Walking along a beach in Perth, eating an ice-cream
 - Snowboarding down Mount Hotham
 - Playing tennis at the Australian Open
- Once children have acted out a scene for approx. 20 seconds, the teacher calls out "Holiday Snap!" and everyone 'freezes' in their action. The teacher can pretend to take a photo of the group as a 'Holiday Snap'.



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EASIER VARIATIONS

- The teacher may need to suggest and demonstrate movements to help children participate in this activity.
- The teacher could show pictures or clips of the holiday destination before performing the action.
- The teacher may need to describe the setting/activity rather than just naming the landmark/place.
- Students can be encouraged to include sounds. This may help them to physically engage.

HARDER VARIATIONS

- Include more than one movement element in each scene (e.g. paddling out and then surfing a wave or marking a football and then kicking a goal).
- Encourage the students to think about the scene and to offer their own ideas from their own holidays.

REMEMBER:

- Monitor the teaching style, the rules of the activities and the environment to ensure they are appropriate for your class.
- It may be helpful for the teacher to demonstrate and join in the activities with the class.
- Modify the activities on an individual basis for students- allow children to move in their own way.
- Some possible variations are suggested above.

