



Australian Government  
Australian Sports Commission



# What happens?

**A** Players experiment with movements by pretending they have lost movement of a particular body part.

## What you need

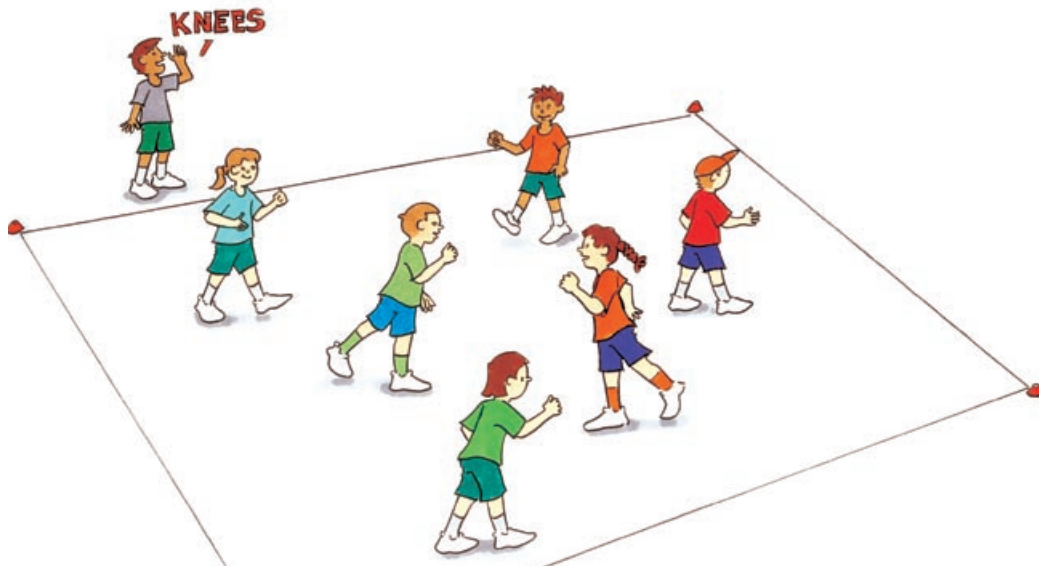
- > Music and music player

## What to do

- > Players move freely around the room in time with the music.
- > When the music stops, call out a particular body part e.g. knees.
- > When the music re-starts, players move around the room pretending they cannot move this body part e.g. players walk without bending their knees.

## Change it

- > Eliminate the flexibility of hips, ankles, wrists or spine.
- > Ask players to perform a range of scenarios without the use of particular body parts e.g. eating an ice cream without bending their elbows, or crossing a road without turning their head.
- > Ask players to perform a range of tasks without using particular body parts e.g. ask players to try to sit down without using their knees.



## Safety

- > Make sure movements suit players' movement capacity.

## Ask the players

- > What happens if you try to move without the use of a particular body part e.g. knees or neck?
- > What did it feel like when you were asked to sit down without using your knees?

## LESSON LINK

*What happens?* is an activity that teaches the importance of particular body parts in body stability and movement mobility.

SESSION PLANS

Combos > Start Out MV 09A + Start Out MV 11A + Get Ino It MV 05