



Up, down, all around

Players explore different body positions and movement sequences on the spot and on the move, without and then with music.

What you need

- > Music player and music

What to do

- > Players spread out around the room and form a body position for example star, soldier, stork.
- > Each player selects 2 body parts, for example, arms and head.
- > Using the count of 8, players move their body parts.

Examples:

On the count of 1 and 2, move both arms up and down.



On 5 and 6, move both arms up and down once more.



On 3 and 4, move the head up and down.



On 7 and 8, players make a new body position e.g. a muscle man.



- > Players repeat the pattern from the new body position.
- > Repeat to musical accompaniment.

Change it

- > Use body words or directions rather than numbers to help players remember the movement sequence e.g. arms up and down, rather than 1 and 2.
- > Limit the number of body parts for the movement sequence e.g. shoulders up and down, repeat and then make a new body position.
- > Replace the body part sequence with body actions e.g. marching, skipping, turning or jumping.
- > Make challenging rules for body positions e.g. keep 1 leg off the floor, or change body height and direction each time a new body position is made.

Ask the players

- > How many different body positions can you make?
- > What sort of movements could you put together to make up different movement sequences?

LESSON LINK

Up, down, all around is an activity that aids the recall of an organised movement sequence and encourages players to discover new ways to move.