MOVEMENT EXPLORATION

What happens?

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?

Learning Intention:

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