

**Level – all**

**Equipment:** Utilise your environment

**Purpose:** To encourage active listening to follow instructions while incorporating movements

**Formation:** Students are spread out in the class with room to move around



**Directions:**

The teacher calls out a colour and a body part.

1. Students must find an object in the room that has that colour and then touch the object with the selected body part. For example, if the teacher calls out “red nose”, students need to find an object that is red and touch it with their nose.
2. The teacher continues calling colours and body parts.

**Variations:**

- Students work with a partner sharing instructions with each other
- Add different locomotor movements when travelling to a particular piece of equipment
- Complete this activity outside utilising playground equipment
- Add multiple colours and multiple body parts

**For Under-fives:**

- This is a great body awareness activity for young children. Use body parts that are not regularly used (ie. Knuckle, heel, wrist, elbow) to introduce them to these body parts.
- Keep the instructions clear and short. Ask the children to repeat the instruction back to you. This will allow them to hold the information in their short-term for longer.

**Cross Curricular Links:**

- Te Reo - Use Maori words for colours and body parts
- Literacy – students can write a series of suggested sentences that could then be chosen and acted on
- Numeracy – measure or count the number of steps / hops / jumps etc. to get from one place to another to complete the task

**Links to fundamental movement skills:**

This activity will help to develop:

Locomotor skills - choose from a range of locomotor skills to move from one spot to another

Balance skills – hold the body part – colour match for a number of seconds

For more energiser activities go to - <http://www.ecu.edu/cs-hhp/exss/upload/After-School-Energizers.pdf>