

Level: All

Equipment: None

Purpose: To encourage communication through active listening and memory recall while incorporating movement and teamwork

Formation: Students stand facing a partner



Directions:

1. Teacher calls out one task at a time and partners complete the task, always starting at the beginning so slowly building up a sequence. (e.g. High five right, then high five right & high five left, next high five right, high five left add low five right etc.)
2. Tasks should be called out in the order provided as they build on each other
 - High five right
 - High five left
 - Low five right
 - Low five left
 - High ten
 - Low ten
 - Backwards high ten
 - Backwards low ten
 - Tunnel ten (feet apart, back to back, reach between legs and hit low ten)
 - Sole of shoes right
 - Sole of shoes left
 - Elbow right
 - Elbow left
 - Both elbows
3. Have students repeat the sequence as quickly as possible with accuracy.
Challenge- Who can remember the most movements?

Variations:

- Ask students to create their task sequences and teach to the rest of the class
- Create sequences focused on using specific fundamental movement skills

For Under-fives:

- Under-five year olds have a limited space for their short-term memory. Keep the instructions clear and short. A child can approximately remember their 'age minus 2' things i.e. a 4-year old should aim to do 2 things in a row. Keep this in mind.
- If the children find remembering a number of instructions challenging, repeat the instructions again for them. To hold the instruction in their memory for longer, ask the children to repeat the instructions back to you.
- Introduce directional language such as over, under, through, behind, in front.

Cross Curricular Links:

Te Reo- Use Maori words for activities

Links to fundamental movement skills:

This activity will help to develop stability skills- choose from a range of balance skills