

## As If

**Equipment:** None

**Starting position:** Standing with room to move. The teacher reads the sentences to the class and they act out each sentence for about 30 seconds.

Reach up as if grabbing balloons out of the air.

Run in place as if a big scary bear is chasing you.

Walk as if you're walking through chocolate pudding.

Jump in place as if you are popcorn popping.

March in place and play the drums as if you're in a marching band.

Paint as if the paint brush is attached to your head.

Swim as if you are in a giant pool of custard.

Move your feet on the floor as if you are ice skating.

Shake your body as if you are a wet dog.

## Sports Galore

**Equipment:** None

**Starting position:** Standing with room to move. The teacher calls out the following sports skills for students to mimic for about 15 seconds each.

Serving a tennis ball

Running through tyres

Hitting a six at cricket

Downhill skiing

Volley a volleyball over the net

Swinging a golf club

Doing a football throw-in

Riding a horse

Keeping a football off the ground with your feet

Shooting an arrow

Swimming underwater

Fielding a cricket ball and throwing it to the wicketkeeper

## Overhead Relay

**Equipment:** One ball for each team

**Starting Position:** Students are lined up in rows. Each row forms a team.

- The first person in each row has a ball in front of them that is to be passed to the child behind.
- At the signal, all children do 5 repetitions of a designated activity (jump, arm circle, jumping jack, touch toes, hop) then the first child picks up the ball and hands it overhead to the child behind.
- Each child takes the ball and passes it overhead.
- When the last child in the row receives the ball, he/she runs forward to the head of the row (on the right side).
- The other players move back one step and repeat the sequence above, but with a different exercise.
- Play continues until the children are back in their original positions and the ball is at the front. The first row finished wins.

## If you're happy and you know it

**Equipment:** None

**Starting position:** Standing with room to move. Everyone sings the song and does the action in each of four verses.

1. If you're happy and you know it touch your toes,  
If you're happy and you know it touch your toes,  
If you're happy and you know it then you really ought to show it,  
If you're happy and you know it touch your toes.

2. If you're happy and you know it jump up and down....

3. If you're happy and you know it swing your arms....

4. If you're happy and you know it do all three.....