Matching Body Parts

Tags: movement, listening, warm-up

Type: Whole class

Time: 5 minutes

## **Why are we doing this?**

We are becoming more aware of our bodies, the space around us, and the other people in the class.

## **What materials/set-up do I need to prepare?**

You do not need any material, but you will need plenty of space to move around.

## **How do we do this?**

Have the students walk around the room in random directions. Make sure to tell them to try and not move around in just one big circle. Have the students notice the room around them. They have to make sure that the students are evenly spread around the room at all times while they walk. Once in a while yell the name of a body part and a number. Make sure to tell them that they should aim to match up with different people in each round.

**For example:**

You call out: “Three elbows”

The students must then try and huddle up in groups of three with their elbows touching.

Have the huddles split up and the students should walk around the room again.

After waiting for a bit yell your next command: “Five ankles”

The students now run towards each other to make a group of five with their ankles touching.

## **Alternative methods:**

This exercise can also be used to pick groups. Have the students do a few matches before picking the size of group you want them to be in for the next exercise.