

A-Baware 5

Circle Leaders

Purpose: To encourage confidence in physical expression to a group

Numbers: Groups of 6

Resources: None



Activation Play

- Stand in a circle. Your group selects a theme - shark attacks, fairy dancing, computer game hero's etc.
- Take it in turn to be a movement leader. Movement leaders create a short sequence movement around the theme selected.
- Everyone else then copies the movements of the movement leader. Then the next person takes over. When everyone has had their turn a new theme is created and the order of performance is reversed.

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Human Knot

Purpose: Presenting near physical contact in a fun and enjoyable way.

Numbers: Groups of 6 - 10

Resources: None



Activation Play

- Get your team into a circle all facing inwards. Reach in with your right hand and hold someone's hand. Now put in your left hand and hold a different persons hand.
- Now you're in a knot you have to get undone. By turning and stepping over, and going under you will eventually undo the knot.
- You will really need to talk with each other because you are not allowed to let go of anybody's hand!

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6-7 Years

Modification and Expansion

- Practice some themes and movements as a whole class before group work.
- Two people in the circle develop a small sequence/performance for the group
- One person starts off a move, then the next person adds one more and so on.

Teaching/Observation Points

- ☺ Different types of movements reflect different moods.
- ☺ All others in the group positively support each other.
- ☺ Big and small movements.

Risk Assessment

- 🔔 Space between each person and each group
- 🔔 Consider using mats
- 🔔 Flexible children don't make moves too challenging for others!



A-Baware 6

6-7 Years

Modification and Expansion

- Smaller groups
- One person to be a helper and guide the group.
- Race between the groups.

Teaching/Observation Points

- ☺ Do not hold the neighbours hand.
- ☺ Do not hold hands with the same person
- ☺ Lots of movement is needed – stepping, twisting, ducking and more.

Risk Assessment

- 🔔 General warm up, especially the wrists
- 🔔 Assess those children with past arm/shoulder injuries
- 🔔 Careful not to step on arms and heads!

