

# MOVE YOUR BODY

## Activity One – Watch the two videos.

- Madagascar - Move Your Body
- Madagascar - I Like To Move It

## Activity Two – Flashcard Activity

- Do you know all the body parts in English ?

## Activity Three – So are you physically fit ?

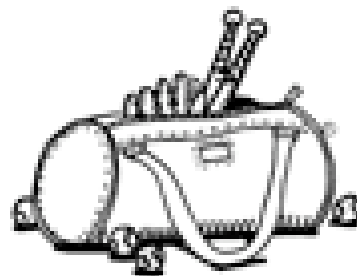
Dance to I like to move it move it and when the music stops and the teacher shouts out a body part you have to touch someone else's nose, head, arm hand etc. The people who get it wrong are out – let's see who wins !

## Activity Four – Match the sports to the body parts.

What parts of our body do we use :

Football – kick a ball  
Tennis – hold a racket  
Tennis – hit a ball  
Swimming  
Rugby – tackle  
Rugby score  
Football – head the ball

Skiing  
Sledging  
Basketball  
Baseball  
Volleyball  
Judo  
Karate



## Activity Five – Discussion - What sports do you like ?

## Activity Six – Sports Day!

- Ten pin Bowling – Knock over the bottles.
- Sponge relay.
- Three Legged race.
- Egg and Spoon race.
- 'Basket' Ball – get the ball in the bin !



## Activity Seven – The Rules of the game.

Older kids – make up your own sport and describe the sport and the rules then play it.  
Younger kids – sports colorings and pictures.

## Activity Eight – Sports Printables.

Activity Nine – Traditional Sports – around the world which sports are played – America, England, Australia etc..

## Activity Ten – Let's sing it – I like to Move IT !

