



Game: Body Parts

Practical Use

- Warm-up or fun game to include in any fitness class or sporting activity but particularly for any session where you want to encourage body awareness
- Great for breakdance, hip-hop dance, circus, gymnastics and yoga classes
- Fun game to play at a birthday party

Variations and links to the Victorian Curriculum provided below.

Benefits

- It's an all-inclusive, non-elimination game
- Increases cardiovascular fitness, coordination, strength and balance
- Encourages body awareness
- Encourages students to think creatively about how they can move their body
- Improves core strength
- FUN!

Ages

Suitable for students of all ages, from 5 to 18 y.o and for groups as small as 3 or as large as 30.

How to play

1. Select a movement for the students to perform around the room. If this is part of a dance class or party, we recommend using music.
You can select specific dance moves or any kind of locomotive movement such as skipping, hopping, jumping, crab walk, etc. Depending on the group and the aim of the session, you could ask the students to freestyle dance or for them to make a decision on the way the group will move in the space, whether that is a specific dance move or any kind of locomotive movement.
2. Students will perform the selected movement within the allocated space. Encourage them to move in different directions within the space so they are not just moving around in one big circle.
3. Call out 'STOP!' followed by 2-4 different body parts. The students perform a still position with only those body parts in contact with the floor, eg:
 - 2 hands, 1 foot
 - 1 foot, 1 bottom
 - 8 fingers, 1 foot
 - 2 feet, 1 hand
 - 2 elbows, 1 knee, 1 foot
 - 1 back
 - 1 bottom, 1 hand
4. Check that the students aren't all performing the pose in the same way, encourage them to find another way to position their bodies if possible.

5. Choose (or get 1 person in the group to choose) the next movement to perform in the space. Repeat.

Variations

You can modify the game any way you like to make it fit in with your teaching objectives for the session or to fit a theme of any birthday party. Here are some options for you to get even more use out of this game:

- Pick movements based on your objective for the class. If you're using it as a general warm-up game choose movements such as skipping, hopping, etc. If it's a warm-up for a dance class, choose dance moves or as mentioned, ask the students to come up with a dance move or to freestyle dance.
- For dance classes, incorporate different dance styles into the game. A great option for this is to include a variety of dances and styles from around the world. Perhaps you know some traditional dance moves that originated in various countries such as zorba from Greece. Are there students in the group who have come to Australia from different countries and can share their cultural dance style with the group? Incorporate these dance styles into the game.
- Have students work with a partner or group to make a decision together on the way they will move within the space, so each pair or group will have their own unique way of moving that is hopefully different from the other groups.
- Within their pairs or groups they can make a decision on the way they will perform their still poses, with the body parts allocated to them. As the facilitator you can even give each group a different set of body parts to make their pose with.
- For older students, as an extra challenge in their groups, they can only have a total of the given number of body parts in contact with the floor, eg. A group of 3 students can be told "3 feet, 4 hands, 1 bottom, 2 knees, 2 elbows".
- This game can also be combined with our popular game *Form a Group*.

Victorian Curriculum Links

This game addresses the Victorian Curriculum learning areas of Health & Physical Education and The Arts through the strands and sub-strands identified below:

Health & Physical Education: Movement & Physical Activity:

- Moving the body
- Understanding movement
- Learning through movement

The Arts: Dance

- Explore and express ideas
- Dance practices
- Present and perform
- Respond and interpret

If your students or group enjoy this game, they'll love FunFit's active dance, circus, yoga and fitness workshops. We come to you at your school, venue or event. See funfit.com.au for more information and we look forward to getting fit with you soon!