



Game: Form a Group

Practical Use

- Warm-up for any fitness class, particularly for dance, circus or movement classes
- Fun game to play at a birthday party
- A practical and fun way to apply mathematic principals

This handout focuses on how to incorporate this game as a warm-up or activity for a dance class. Variations for non-dance related sessions and links to the Victorian Curriculum provided below.

Benefits

- It's an all-inclusive, non-elimination game
- Encourages teamwork
- Encourages problem-solving
- Increases cardiovascular fitness and coordination
- Participants get to move or dance to their favourite music
- FUN!

Ages

Suitable for students of all ages, from 4 year-olds up to early teens and for groups as small as 3 or as large as 100.

How to play

1. Much like the traditional game 'musical freeze', this game incorporates movement to music. When the music stops, the participants need to listen to the instruction from the facilitator. Depending on the purpose of the game, you can play this without music, but for a dance-focussed session you should use music.
2. Give the students a simple dance move to perform around the space, e.g. stepping in time to the music while clapping their hands or rolling their arms.
*Encourage the students to move around the space in different directions so they don't get stuck moving in a circle. Be aware of obstacles in the space you're using.
3. When the music stops the students stop and listen. Call out a number and they all need to huddle up in a group of that size. You might need to step in sometimes to add an extra person, or you can say "Groups of 4, one group of 3" if there are 15 students, for example.

* No one is eliminated but you can point out the group who were particularly fast at forming their group and even offer a reward, such as they can select the next dance move the whole group will perform in the space.
4. Next either give them another movement to do around the room or have the fastest group choose. All students then perform the chosen dance move until you stop the music again. And so on.

*Tips: They quite enjoy when you call out "groups of 1", or "groups of (total number of kids in the group)".

Suggestions of dance moves

- Doing a funky hip-hop walk
- Step-touch (step out to the side then bring the feet together, repeat other side)
- Rolling the arms in front while walking
- Freestyle dancing
- Robot dancing
- Disco arms (point up and down on an angle) while walking
- Flossing (the latest dance craze in 2018!)

Other movement suggestions- for general PE classes or other sports

- Skipping
- Hopping
- Jumping
- Twisting
- Running with knees up high in front
- Crawling
- Crab walk (on the ground, hands and feet only touching the ground, hips lifted)

Creative movement. For creative dance or for something different, ask the group to move like:

- A dinosaur
- A mouse
- A giraffe
- An alien
- A butterfly
- Your mum or your dad dancing
- An old lady or man
- The wind
- The ocean

* Your group will be able to come up with lots of fun ways to move around the space, whether it's a dance move or otherwise. So don't be afraid to try this game out with just a few dance moves or movement options up your sleeve.

Add a challenge

1. Add body parts (for students aged 7+)

This version is not only more challenging and interesting, it also encourages body awareness, teamwork and problem-solving.

When you stop the music, call out "5 hands", "7 knees", "3 heads" or "10 bottoms".

The students need to form a group and have 5 hands or 7 knees, etc. touching in the centre of their group. This makes them use their maths skills and think creatively about how they can have 5 hands touching when they are a group of 3, or a group of 8.

2. Add group poses (for students aged 8+)

Once the students have formed their group, they need to quickly come up with a group pose where all group members are involved. They could all pose with their bodies positioned in the same way, or they could get creative and use different levels, face different directions and think about symmetry. Tell them they're a band or pop group and they're posing for their album cover. You can pretend you're the paparazzi and mime that you're taking photos of them... or take real photos of them.

Give the students only a short amount of time to form their group poses so the game stays active.

Variations

This doesn't have to be a dance-based game, you can modify the game any way you like to make it fit your teaching objectives for the session or to tie in with a birthday party theme. Here are some options for you to get even more use out of this game:

- Children can move around the space like different animals and freeze in a way the animal may freeze. You can incorporate a dance element by having them move around like a funky dinosaur, a ballerina hippo or a breakdancing lizard.
- If you have an Olympic Games focus, students can act out the actions of different sportspeople performing their sports (chosen by you or the students).
- 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. Hip-hop dance originated in America. Are there students in the group who have come to Australia from different countries and can share their cultural dance style with the group?
- For an extra challenge, this game can also be combined with our popular game *Body Parts*. Tutorials for this and our other games are available on our website: <http://funfit.com.au/resources/>

Victorian Curriculum Links

This game addresses the Victorian Curriculum learning areas of **Health & Physical Education, The Arts, Mathematics** and **Personal and Social Capability** 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

Mathematics: Number and Algebra

- Number and place value

Personal and Social Capability: Social Awareness and Management

- Collaboration

If your students or group enjoy this game, they'll love FunFit's active Dance, Circus 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 dancing with you soon!