

PHYSICAL ACTIVITY

Before or after children complete the labelling body parts activity you could play a game to get children up and moving, learning their body parts and actively listening to the instructions being given. Use the list of body parts below to play a game of I Say.

RULES

For this game the person who is "in" must point to parts of their body and say "I say touch your....." or "Riley says touch your....." with a body part added each time ie. I say touch your knees and they touch their knees, Toni says touch your hips and they put their hands on their hips. Children playing must follow the instructions and also touch their head, knees or hips.

If the person calling the instructions does not start with "I say" or "Peta says" and children still do the action they are out. To be out children should sit down for 1 round. Having children miss out on playing again until the end of game defeats the purpose of the lesson as they may be sitting down for longer than they are playing.

Participates in physical activities to developing a sense of who they are and their connectedness to others.



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TUMMY

LEG

FACE

ARM

MOUTH

THIGH

FINGER

TOE

EAR

SHOULDER

HEAD

CHEST

HAND

KNEE

HAIR

FOREHEAD

NOSE

EYE

NECK