

Colour My World



Students start by moving on the spot.

Teacher holds up different coloured cards which indicate the different tasks required of students.

Teacher gives no verbal indication of change, just holds up the coloured card.

Red = move on the spot quickly

Purple = move fingers

Yellow = add arm movements

Orange = flex arms

Blue = change spatial levels

Green = arm movements stay the same but leg movements change

Variations: Have students select actions. Actions could be based on a theme or classroom unit i.e., animal unit, sport actions. Coloured paper could have numbers of repetitions needed to complete task.

CURRICULUM LINKS:



Visual Arts

Grade 5: Identify the three pairs of complementary colours (red & green, purple & yellow, blue & orange)



Health and Physical Education: Fundamental Movement Skills

Grades 4/5/6: Perform a combination of locomotion/travelling movements



EQUIPMENT: Red/green/yellow/purple/blue/orange construction paper & markers, CD player, DPA CD
CD Track # 4, 13