

My Shadow



Students find a partner and decide who is A and who is B.

Play music.

Students start moving on the spot.

Teacher calls out A or B and that student leads the other in a series of actions.

Second student must mirror the actions of the leader.

Teacher calls out A or B again to switch leader.

Variations: Remind students to use all spatial levels – low movements, medium or high. Remind students to be creative – move in different directions, make the movements a sequence. Switch partners when music stops.

CURRICULUM LINKS:



Mathematics: Geometry and Spatial Sense

Grade 4: Identify, perform, and describe reflections using a variety of tools



Health and Physical Education: Fundamental Movement Skills

Grades 4/5/6: Combine locomotion/travelling skills in repeatable sequences, incorporating a variety of speeds and levels



EQUIPMENT: CD player, popular or DPA CD
CD Track # 7, 8, 13