

Sports salad

Stepping Stones : Body, Movement and Senses

Materials : incl. materials

Type of exercise : oral

Duration exercise : 15 min.

Objectives

The learner can understand treated vocabulary.

Materials

- Something to mark the positions on the floor
- Little papers with an image of a physical activity. For each activity there must be at least two papers.
- Little papers with an instruction for a physical activity, e.g. *Run! Swim! Jump! Throw!*

Instructions

- Form a circle; one learner stands in the middle of the circle.
- Give every learner a paper with an icon on.
- Check if the learners know the name of the activity.
- Let the learner in the middle take a paper with an instruction out of a box.
- S/he shouts the instruction.
- The learners who have the corresponding icon, must switch places.
- In the meantime, the learner in the middle tries to get a spot in the circle.
- A learner who has lost his/her position, now stands in the middle and gives a new instruction.
- If the learner in the middle shouts *Olympic Games*, all learners must switch places.

Variant

- The learner in the middle can give several instructions at the same time.
- You can restrict the way how to switch places, e.g. only by jumping or by walking backwards.

Read more in our manual at www.alternativeways.eu

Language skills / Linguistic performance

- Listening
- Speaking

Linguistic competence/knowledge

- Vocabulary
- Expressions / sayings

Social-emotional skills and competences

- Fun