

## Warm-Up Games

We have used colour coding to indicate which level each game can be utilised for. Please notice this is a general guidance and you may see younger students being able to engage in more complex tasks.

### Key

**g** - Creative Movers

**g** - Pre-Primary

**g** - Primary

Traffic Lights	
Instructions	Level
Red = stop Amber = move slow Green = move fast  Can change the movement request on each colour	<b>g g g</b>

Musical Statues	
Instructions	Level
Playing musical statues encourage students to find variations on levels and sizes of the stopping positions	<b>g g g</b>

Dots	
Instructions	Level
A: Move in space and come back to dot on prompt B: Move in space, dot is moved and find dot	g g g

Numbers	
Instructions	Level
Assign action words to numbers. When number is called out perform the corresponding action. Students can also choose numbers	g g g

Bounce, Flick, Melt, Stick	
Instructions	Level
A: Use action words to instigate movement B: Use the same words but find different ways to do it	g g g

Animal Tag	
Instructions	Level
Choose an animal, move as that animal, teacher or student begins the 'tagging'	g g g

Location Game	
Instructions	Level
A: Assign numbers or coloured dots to locations and travel to these. Commands could be replaced by music.	g g g
B: Props could be present in each location and movement explored with these once they arrive	g g

Mirror Me	
Instructions	Level
A: Move in the space, a name is called, gather around that person and mirror their shape	g g g
B: Mirror their movement	g g

Migration Game	
Instructions	Level
Assign various animals to dancers, move through the space, on prompt find each other (their tribe) and move together	g g g

Stuck in the Mud	
Instructions	Level
Explore the stuck position – move through negative space	g

<b>Circles and Lines / Zeros and Ones</b>	
<b>Instructions</b>	<b>Level</b>
<b>A: Make circular and linear shapes</b> <b>B: In groups (3/4/5), pairs, alone</b>	<b>g</b>

<b>Rock, Paper, Scissors</b>	
<b>Instructions</b>	<b>Level</b>
<b>Rock = Ball</b> <b>Paper = flat</b> <b>Scissors = diagonal open</b>  <b>Play collectively against the facilitator</b>	<b>g</b>

<b>Connect/Glue</b>	
<b>Instructions</b>	<b>Level</b>
<b>A: Connect your (e.g.: knee) to the floor/surface/each other/yourself</b> <b>B: Challenge more specific/unusual body parts</b>	<b>g</b>

<b>Do As I Do</b>	
<b>Instructions</b>	<b>Level</b>
<b>Follow the action, not the instruction. Trickier version of 'Simon Says'</b>	<b>g</b>

Scales	
Instructions	Level
Use a scale of 1-5 to change movement quality in relation to:	
A: Speed (1 slow, 5 fast)	g g
B: Size (1 tiny, 5 huge)	g g
C: Emotion (1 sad, 5 excited)	g g
D: Volume (1 quiet, 5 loud)	g
E: Texture (1 soft, 5 hard)	g

Alphabet Game	
Instructions	Level
A: Create letters with the body in the space	g g
B: Use a prop to spell it	g g
C: Can you spell words? (With or without prop)	g