

ACTIVITY PLAN 30 – MUSICAL STATUES

Aim

To develop jumping and galloping skills

Age

3–5 years

Equipment

Music player and music that the children are familiar with

Area required

Indoor or outdoor space of suitable size

Time

10 minutes

How?

Use a suitable area so the children have room to move without bumping into each other. You will need to demonstrate each skill and the children may need to practise before adding the music.

Next, ask the children to move around the space to the music using a skill that you call out (e.g. jumping like a kangaroo or galloping like a horse). When the music stops, the children must freeze on the spot like a statue. When the music starts they move around again using a different skill. Make this activity non-competitive so all children remain in the game.

You could ask each child, in turn, to pick the movements that the other children should copy.

Easier

Use music with a slower beat and ask the children to do the actions slowly.

Harder

Ask the children to change direction when doing the locomotor skills e.g. jumping forwards, then sideways etc.



Key points

Skills involved in jumping:

- Stand with feet shoulder-width apart on the line
- Bend the knees
- Bring arms behind the body
- Push off with the feet
- Extend the legs with force
- Swing the arms forward and upwards for the jump and land with them out in front for balance.

Skills involved in galloping:

- Arms bent and lifted to waist level at takeoff
- Step forward with the lead foot followed by a step with the trailing foot to a position next to or behind the lead foot
- There needs to be a brief period where both feet are off the floor
- Maintain a rhythmic pattern for at least four consecutive gallops.