

Copy Cat Moves - Levels C & D

PLAY

To encourage focus, imitation, and social connection through fun and inclusive movement sequences.



Learning Intentions

To copy simple movements. Students practise attention and imitation skills.

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To take turns. Students build confidence when leading or copying.

To connect with others. Students experience joy and awareness of peers.



Success Criteria

I can follow a peer's or teacher's movement.

► I can take part in at least two turns of the game.

I can smile, laugh, or show enjoyment while playing.



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PLAY

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Duration: 5 minutes

Objective: To encourage focus, imitation, and social connection through fun and inclusive movement sequences.

Players: Whole class, small group, or 1:1 with staff.

Materials: None required.

Optional: Picture cards of simple actions (clap, wave, stomp, stretch) (these can be found in the PDF resource tab).

Activity Steps:

1. **Model the Game:** Teacher demonstrates a simple move (e.g., clap hands).
2. **Copy Together:** All students repeat the move.
3. **Take Turns:** Invite one student to lead with their move. Group copies.
4. **Rotate Leaders:** Give each student a chance to be the leader.
5. **Add Variety:** Between turns, add new moves such as stretches, jumps, or animal actions.

Reflection Prompts

- How did it feel to be the leader?
- What was your favourite move to copy?
- Was it easier to lead or to follow?

Variations:

- **Children's Edition:** Use animal moves (hop like a frog, flap like a bird).
- **Fitness Edition:** Add fitness challenges (star jumps, squats, marching with high knees).
- **Teamwork Edition:** Students pair up and mirror each other's moves.



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For Wheelchair Users / Accessibility:

- Students can use upper body moves (clap, wave, shoulder shrug, head nod).
- Partners can mirror movements while seated or standing to ensure inclusion.
- Allow non-verbal students to choose moves via picture cards or AAC devices.

Notes for Inclusion:

- Provide visual supports (picture cards) to prompt ideas.
- Allow extra processing time for students who need it.
- Encourage peer encouragement and celebrate effort, not accuracy.

Additional Notes:

Copy Cat Moves is a simple, playful activity designed to foster attention, turn-taking, and peer connection. It can be used as a warm-up energiser, a movement break, or a fun way to strengthen classroom relationships.

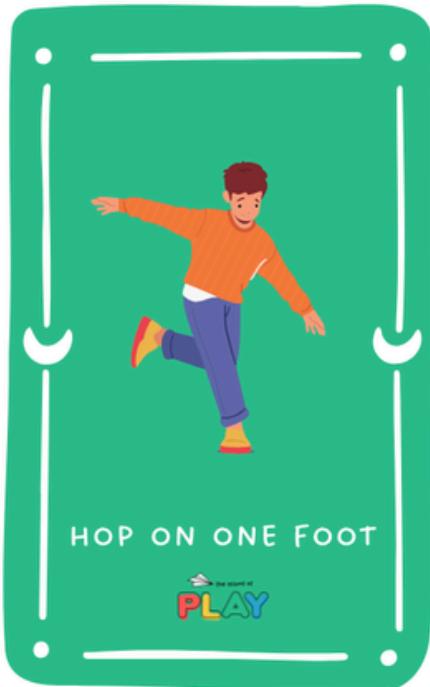


MOVEMENT CARDS

PRINT AND CUT OUT THE MOVEMENT CARDS. SHOW ONE CARD AT A TIME AND MODEL THE ACTION. STUDENTS COPY THE MOVEMENT TOGETHER, THEN TAKE TURNS LEADING WITH A CARD OF THEIR CHOICE.



MOVEMENT CARDS



MOVEMENT CARDS

