

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.

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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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



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