

Heads and Tummies – Levels C & D

PLAY

To encourage social interaction, physical activity, and connection through a fast-paced game using simple body gestures.



Learning Intentions

Promote Social Interaction and Connection:

Students practise engaging with peers through simple, fun actions.

Encourage Physical Activity and Coordination:

Students use basic movements to improve body awareness and motor skills.

Foster a Positive and Fun Atmosphere:

Students laugh, connect, and celebrate, matching actions with their friends.



Success Criteria

Students join in by performing gestures (head or tummy) with support or modelling.

Students show developing accuracy in copying or choosing actions.

Students encourage peers and participate positively with smiles, laughter, and fun.



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Duration: 5 minutes

Objective

To encourage social interaction, physical activity, and connection through a fast-paced game using simple body gestures.

Players

- Small groups or whole-class activity.

Materials

- No equipment needed.

Setup

- Students can stand or sit in a circle to allow everyone to see each other.
- Staff or peers model gestures to support student participation.

Gameplay Rules

1. As a group, count down together from 3.
2. On “Go,” each student chooses one of two gestures: touching their head or touching their tummy.
3. If two or more students make the same gesture, they celebrate with claps or cheers.
4. After each round, the group does a short movement (stretch, clap, or jump) before starting again.

Variations

- **Copycat Play:** Staff or peers show a gesture, and students copy the action.
- **Movement Twist:** Add a movement (clap, spin, or stretch) before choosing head or tummy.
- **Partner Play:** Students work in pairs and try to match each other’s gestures.
- **Group Match:** The class attempts to all choose the same gesture for a “big win” celebration.

Winning the Game

- No elimination – everyone keeps playing.
- Celebrate matches with group claps, high-fives, or cheering.
- Focus on fun, interaction, and participation rather than competition.



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Notes for Inclusion

- Encourage verbal or non-verbal participation (students can point, touch, or gesture).
- Allow extra time and model actions clearly.
- Focus on group celebration and connection over individual accuracy.

For Wheelchair Users / Accessibility

- Actions can be adapted to touch **the head and shoulders** instead of the head and tummy if reaching the tummy is difficult.
- Alternative gestures (e.g., tapping the side of the wheelchair, raising a hand, or clapping) can replace the tummy action.
- Provide peer or staff modelling alongside students for support.
- Ensure space is accessible and chairs are positioned so students can see and celebrate together.
- Celebrate all forms of participation equally, whether through movement, gesture, or eye contact.

