

Heads and Tummies – Levels F-3

PLAY

To encourage teamwork, physical movement, and connection in a fun, fast-paced game where students try to match gestures.



Learning Intentions

Promote Social Interaction and Teamwork:

Students practise playing together, matching actions, and celebrating group success.

Encourage Physical Activity and Coordination:

Students build awareness of their body through simple movements and quick reactions.

Foster Positivity and Fun:

Students laugh, share, and connect with peers while enjoying the game.



Success Criteria

Students actively participate by performing the head or tummy gesture.

Students attempt to match actions with peers and respond quickly to each round.

Students show teamwork by cheering, encouraging, and celebrating matches.



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Duration: 5–7 minutes

Objective

To encourage teamwork, physical movement, and connection in a fun, fast-paced game where students try to match gestures.

Players

- Small groups, pairs, or whole class.

Materials

- No equipment required.

Setup

- Students stand or sit in a circle where everyone can see each other.
- The teacher explains and demonstrates gestures clearly before beginning.

Gameplay Rules

1. The group counts down together from 3.
2. On “Go,” each student chooses one gesture: touching their head or their tummy.
3. Students earn a “point” when they match gestures with another person.
4. After each round, the group performs a short movement (clap, hop, stretch, star jump) before starting again.

Variations

- **Fitness Challenge:** Add a quick movement before gestures (jump, squat, spin, or march on the spot).
- **Partner Play:** Students play in pairs and try to match each other for points.
- **Team Play:** Divide the group into two teams – which team can match the most times in two minutes?
- **Leader’s Choice:** One student leads by choosing the gesture, and others try to match. Rotate the leader each round.
- **Silent Play:** No talking – students must focus on body language and quick reactions.

Winning the Game

- No one is eliminated – everyone plays until the end.
- Celebrate each round with cheering, clapping, or group high-fives.
- Teachers can set a class goal (e.g., match five times in a row) to build teamwork.



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Notes for Inclusion

- Encourage all forms of participation (verbal, non-verbal, pointing, or gestures).
- Allow extra time for students who need support.
- Model clearly and provide peer buddies where required.
- Focus on fun, encouragement, and connection rather than competition.

For Wheelchair Users / Accessibility

- Adapt gestures to **head and shoulders** instead of head and tummy if tummy is challenging to reach.
- Offer alternative actions such as clapping, tapping the armrest, or raising a hand to replace the tummy gesture.
- Make sure wheelchair users are positioned in the circle with a clear view of peers.
- Celebrate all participation equally, whether through movement, gesture, or eye contact.
- Provide peer or staff support to model and encourage inclusion.

