

# Musical Moves - Levels F-3

# STAY ACTIVE

To strengthen listening, rhythm, and creativity by moving to music and responding to start/stop cues in fun and active ways.



## Learning Intentions

### Listen and respond:

Students aim to stop and start moving when the music changes.

### Explore movement styles:

Students aim to try a variety of body movements to match the rhythm of the music.

### Work together:

Students aim to play the game safely and respectfully with their classmates.



## Success Criteria

I can freeze like a statue when the music stops.

I can copy at least three different movement styles.

I can enjoy moving with energy and positivity alongside others.



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**Duration:** 5 minutes

## **Objective**

To strengthen listening, rhythm, and creativity by moving to music and responding to start/stop cues in fun and active ways.

## **Players**

Whole class or small groups.

## **Materials**

- Music player or speaker
- Open space for movement

## **Setup**

- Clear a safe space for movement.
- The teacher explains: move while the music plays, freeze when it stops, and change movements when the teacher gives a new instruction.
- The teacher demonstrates a few examples (e.g., marching, hopping, clapping).

## **Gameplay / Activity Steps**

### **Step 1: Move to the Music**

- The teacher starts the music.
- Students move freely around the space in a chosen style (e.g., march, skip, sway).

### **Step 2: Freeze Like a Statue**

- When the music stops, students freeze in a pose.
- Teachers can encourage silly or creative frozen shapes.

### **Step 3: Try New Movements**

- When the music restarts, the teacher calls out a new movement (e.g., hop, jump, stretch, tiptoe).
- Students switch to the new style until the music stops again.

### **Step 4: Continue Play**

- Repeat several rounds with different movement types for variety.

## **Reflection Prompts**

- "Which movement was the most fun?"
- "How did it feel when you had to freeze quickly?"
- "Why is it important to listen carefully in this game?"



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## Winning the Game

There are no winners. Success is when everyone listens carefully, tries new movements, and enjoys dancing and playing together.

## Variations

- **Maths Edition:** Call out a number when music stops—students form groups of that size.
- **Fitness Edition:** Add active moves like star jumps, lunges, or squats.
- **Group Edition:** Play in teams where one student is the “DJ” who chooses the next move.

## For Wheelchair Users / Accessibility

- Offer upper-body movements such as clapping, rolling arms, pointing, or waving.
- Freeze poses can be expressive gestures (e.g., thumbs up, big smile, superhero arms).
- Ensure wide pathways so all students have space to move comfortably.

## Notes for Inclusion

- Provide visual cue cards with movement pictures for support.
- Allow choice, students can make up their own movement if they prefer.
- Celebrate creativity, effort, and safe participation over perfect performance.

