

Musical Moves Levels C and D

STAY ACTIVE

To build listening skills, rhythm, and body awareness by moving to music and responding to start/stop cues.



Learning Intentions

Respond to music cues:

Students aim to respond to musical cues and start moving when the music plays and freeze when it stops.

Explore movement and rhythm:

Students aim to try different ways of moving their bodies to the beat of the music.

Be aware of others:

Students aim to notice the space around them and move safely with their group.



Success Criteria

I can freeze like a statue when the music stops.

I can copy at least two different movement styles.

I can move safely and enjoy playing with my group.



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Duration: 5 minutes

Objective

To build listening skills, rhythm, and body awareness by moving to music and responding to start/stop cues.

Players

Whole class or small groups.

Materials

- Music player or speaker (any favourite music of the class is ok to use).
- Open space for movement

Setup

- Create a safe open space where all students can move freely.
- The teacher explains the game: move to the music, freeze when it stops, and change movements when the teacher calls out a new style.
- Model one or two example movements before starting (e.g., marching, clapping).

Gameplay / Activity Steps

Step 1: Start the Music

- The teacher plays the music.
- Students begin moving around the space (marching, clapping, swaying).

Step 2: Freeze When Music Stops

- When the music pauses, students freeze like statues.
- Encourage fun frozen poses.

Step 3: New Movement Styles

- When the music starts again, the teacher calls out a new movement (e.g., tiptoe, arm circles, gentle stomps).
- Students switch to the new movement until the music stops again.

Step 4: Keep Playing

- Continue for 3–5 rounds with different movements.





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Reflection Prompts

- “What was your favourite way to move?”
- “How did it feel to freeze in a funny pose?”
- “Why is it important to listen carefully during the game?”

Winning the Game

There are no winners. The success is when students listen carefully, try different movements, and enjoy moving to music together.

Variations

- **Children’s Edition:** Use themed songs such as animals or superheroes, with matching moves (e.g., flap like a bird, stomp like a dinosaur).
- **Fitness Edition:** Add higher-energy movements such as jogging, squats, or star jumps.
- **Teamwork Edition:** Students play in pairs and copy each other’s frozen poses when the music stops.

For Wheelchair Users / Accessibility

- Replace full-body movements with safe upper-body actions (e.g., clapping, arm swings, shoulder shrugs, wheel rolls).
- Freeze poses can include fun gestures like waving, pointing, or crossing arms.
- Ensure enough space so everyone feels comfortable moving together.

Notes for Inclusion

- Offer visual cards showing each movement for students who need extra support.
- Allow flexibility, students can choose their own safe movements if needed.
- Celebrate creativity in poses and movements to encourage all students to feel successful.



MOVEMENT PICTURE CARDS

PRINT AND CUT OUT THE CARDS. WHEN THE MUSIC STARTS, A STUDENT PICKS A MOVEMENT CARD AND EVERYONE COPIES THAT ACTION TOGETHER. KEEP DRAWING NEW MOVEMENT CARDS EACH ROUND TO BUILD LISTENING, REGULATION, AND JOYFUL PARTICIPATION.



FREEZE!

the sound of
PLAY



MOVE!

the sound of
PLAY



MARCH

the sound of
PLAY



CLAP

the sound of
PLAY



MOVEMENT PICTURE CARDS



WAVE



STOMP



SPIN

