



Opposites

Purpose:

Engage the entire class through physical activity in particular fun and brain focus / cognition.



Equipment required:

Cones for this ice breaker/energiser/warm up. This activity can be done in the classroom best outside with larger space.

Procedure:

Students find their own space within the marked area (cones). The teacher provides commands “walk” (jog) and “stop” (balance on one leg). Once completed a couple of times then students to do the opposite movement. Then add “name” – Matthew and “clap”, complete a couple of times then students to do the opposite movement. Lastly add “dance” (flossing) and “jump”, complete as previous. Now all six different movements are being completed challenging students with the opposite movement. No students are eliminated in this activity – just lots of fun!