

PizzIMMERSION

Professional Development Activities

Mini lesson plan

Title

Body warm up with simple Maths

Materials

A clear space in the classroom

Year level suggested

Years F-5

Useful for

Brain breaks
Body coordination
Confidence (through leadership)
Concentration

Learning intention

To engage students in learning simple Maths, as well as using their body and keeping the beat

Steps

1. Tap head 8 times
2. Tap shoulders 8 times
3. Tap knees 8 times
4. Tap toes 8 times
5. Repeat with 4 taps on each body part
6. Repeat with 2 taps

Repeat with 1 tap

Variations

Choose different speeds
Choose different multiples eg: 6, 3, 1; odd/even numbers
Divide the class in half – one half follow the pattern backwards; keep the tapping steady!
Now have a student lead the exercise!

Questions

How many taps on the head in this exercise?
How many taps **altogether** in this exercise?

Curriculum links

Music

- Explore and express ideas
- Music practices

Dance

- Explore and express ideas

Maths

- Number and Algebra

Health and Physical Education

- Movement and Physical Activity

Capabilities

- Personal and Social
 - Social awareness and management, collaboration