

PizzIMMERSION

Professional Development Activities

Mini lesson plan

Title

I Am Slowly Going Crazy

Materials

A clear space in the classroom

Year level suggested

Years 2-6

Lyrics

I am slowly going crazy, 1, 2, 3, 4, 5, 6, switch
Crazy going slowly am I, 6, 5, 4, 3, 2, 1, switch

Useful for

Brain breaks
Refocusing
Body Coordination
Memory

Learning intention

To connect movements with sound, refine coordination and build memory skills

Steps

1. Begin by drawing a line forwards and backwards, ask students to copy you
2. Place left hand near face, with right hand under left elbow, creating an "L" shape frame
3. Switch hand/arm positions (right hand near face, left hand under right elbow). Practicing switching until students are comfortable with this action
4. Begin singing (or chanting) 'I am slowly going crazy, 1, 2, 3, 4, 5, 6, switch'. At the moment of saying "switch", swap hand/arm positions. Continue singing 'Crazy am I going slowly, 6, 5, 4, 3, 2, 1 switch!'
5. Encourage students to notice the palindromic pattern
6. Continue in this way, gradually speeding up as students become comfortable

Extension

- Replace 1s with a clap (X-2-3-4-5-6; 6-5-4-3-2-X)
- Replace 1s and 2s with claps (X-X-3-4-5-6; 6-5-4-3-X-X)
- Continue repeating until all numbers are replaced with claps
- Have a student pick a number to leave out/leave out all odd/even numbers
- Have two groups starting at different times/speeds

Curriculum links**Music**

- Explore and Express Ideas
- Music Practices
- Present and Perform

Health and Physical Education

- Movement and Physical Activity

Maths

- Number and Algebra

Capabilities

- Personal and Social
 - Social Awareness and Management, Collaboration

Need support?

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Melbourne
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