

# PizzIMMERSION

## Professional Development Activities

### Mini lesson plan

**Title**

Same, Opposite, Complementary

**Year level suggested**

Years F-6

**Useful for**

Brain breaks  
Relaxation  
Refocusing  
Body Coordination  
Group Participation

**Materials**

A clear space in the classroom  
This activity works well with steady and relaxing music, but this is not essential

**Learning intention**

To explore physical responses and interpretations of auditory and visual signals

**Steps**

1. Warm up – have the students “mirror” your body movements. Be sure to explore a range of levels, spaces and pathways
2. Choose a leader to begin the activity. Remaining students stand in a circle (or any other shape that allows clear visual line)
3. Leader makes a body shape
4. Teacher instructs students to make: the same shape; an opposite shape; a complementary shape – this is open to students’ personal interpretation
5. Students take it in turns to be the leader

**Extension**

- This activity could be done in pairs or different size groups with observing students offering comments
- Standing in a circle, students may take turns to respond to the shape the person before them creates
- This can result in a sort of ‘human sculpture’ piece at the end of the music
- Carry out the activity with no speaking

**Curriculum links****Dance**

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

**Music**

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

**Health and Physical Education**

- Movement and Physical Activity

**Capabilities**

- Personal and Social
  - Social Awareness and Management, Collaboration

**Need support?**

Email *PizzASSIST*, [education@mso.com.au](mailto:education@mso.com.au)  
and quote *PizzASSIST* in the subject line

# *Pizz*IMMERSION

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Professional Development Activities

Melbourne  
Symphony  
Orchestra

**Need support?**

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