

PizzIMMERSION

Professional Development Activities

Mini lesson plan

Title

The Cup Game

Year level suggested

Years 4-10

Useful for

Memory
Teamwork
Brain breaks
Body coordination
Pulse

Learning intention

To engage students in rhythmic play

Steps

1. In a circle, each student has an upside down cup in front of them
2. Clap hands twice together
3. Tap on the cup to the rhythm – Bumblebee
4. Clap, pick up the cup in the right hand and move to the right
5. Clap, grab cup in the right hand, bring it to your left hand and 'pop' the open side of the cup by tapping it
6. Put the cup down without letting go and transfer it to your left hand by turning it around
7. Place the right hand on the ground/desk on the diagonal, and place the cup over the other side of your right hand – delivering the cup to the person your right

Curriculum links

Music

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

Capabilities

- Personal and Social
 - Social Awareness and Management, Collaboration

Materials

A clear space in the classroom
1 x plastic cup for each participant

Pattern

Clap, Clap, Bum-ble-bee, Clap, Up, Down
Clap, Grab, Pop, Down, Switch, Floor, Next