

PizzIMMERSION

Professional Development Activities

Mini lesson plan

Title

Zip Zap Zop

Materials

A clear space in the classroom

Year level suggested

Years 3-12

Useful for

Brain breaks
Concentration
Pulse and rhythm

Learning intention

To develop a strong sense of pulse and rhythmic beat, through a high energy focusing game. It also provides an opportunity to explore pace, specificity of choice, "energy" and sequence

Steps

1. All students to stand in a circle
2. Encourage students to use their whole body to send energy and to make eye contact. The goal is to stay consistent in rhythm while going very quickly.
3. Introduce activity as passing a bolt of energy around
4. To start the game, send the bolt of energy out of your body with a big forward motion straight to someone else (with eye contact) and say 'zip'
5. The next person takes that energy and passes it immediately to someone else while saying 'zap'
6. That person passes it onto someone else saying 'zop'
7. The game continues with this repeated sequence

Extension: Zip Zap Boing

- If a player wants to choose the player to their left, they point and say Zip.
- If they want to choose the player on their right, they point and say Zap.
- If they want to choose the person that just pointed at them, they say Boing without pointing.
- Each time another player is selected in this way, it is their turn to quickly Zip, Zap, or Boing.
- If a player hesitates or doesn't respond when it is their turn, they get a strike. If a player's word doesn't match where they are pointing, they get a strike. The first player to three strikes loses, and the game ends.

Adaptation

- Math - Use this strategy to practice skip counting (3, 6, 9, 12...)
- Science - Use this strategy to explore organisms in a food chain (or stages in a life cycle); students send energy from organism to organism in the food chain to represent a mini ecosystem.
- Reading/Writing - Use this strategy to review helping verbs (am, is, are, was, were, be, been...), or spelling

Curriculum links**Music**

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

Health and Physical Education

- Movement and Physical Activity

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*Pizz*IMMERSION

Professional Development Activities

Maths

- Number and Algebra

English

- Expressing and Developing Ideas
- Phonics and word knowledge

Science

- Biological Sciences

Capabilities

- Personal and Social
 - Social Awareness and Management, Collaboration