

# PizzIMMERSION

## Professional Learning 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 going slowly am I, 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 or more 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?**

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