



# 55 GAMES

## TO MOVE, DANCE AND PLAY

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This brand new release and companion volume to *55 Games to Sing, Say, and Play* from Kerri Lynn needs to be on your desk all the time! Looking for a quick, creative active movement game to energize your classroom? Here you go! Each of these movement games can be introduced and taught simply and easily in a very short time.

Some times props are called for: balls, scarves, cardboard boxes, air balls and imaginary cargo in boxes! Appropriate music for each activity is suggested and included with the purchase of this book. All of these wonderful games are child-centered, active, creative, and appropriate for all elementary students.

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## Air Ball

**Solo:** Spread out in room. Hold an imaginary ball in hands, mold it, shape it, **or** let it grow. Toss and catch it. Bounce on floor and catch it. Toss it high, spin in circle, and catch it. Toss and catch it using other body parts. Roll it on floor. Dribble ball while moving through space. Toss around behind back or through legs. Add another ball and juggle. Accompany toss with vocal sound effect.

### Partner:

Pass air ball back and forth.

Pass air ball using movement concepts (fast and slow, sharp and smooth, near and far, heavy and light, with steady beat); pretend it is sticky or hot, high and low, big and small).

Pantomime playing soccer, baseball, football, or tennis.

### Group:

Stand in large circle. Pass or roll air ball across circle using movement concepts listed below.

Call someone's name; toss them ball.

Assign numbers randomly to students. Toss ball high into middle of circle and call out number; person with that number moves into circle and catches ball.

In trio, assign each person pitch: *so*, *mi* or *la*. Toss ball singing pitches to make melody.



# Letters

## Floor work:

Lie down on floor on back and stretch body in "X" shape; wiggle body and imagine melting into floor. Begin with "X" when making new letters.

Bring arms down to sides and legs together to make "I." Slowly go back and forth between X and I (like making snow angel), staying connected to floor.

Stretch arms out to make "T."

Slide arms up towards ears to make "Y."

Make letter "I" again, then bring knees up to meet head, wrapping arms around legs, making "O." Return to letter "I," then back to "X."

Make letter "O" and fall gently to side to create "C." Rock back to letter "O" and return to "X." Practice all letters at slow tempo, paying attention to relaxation and transitions. Perform sequence to soft instrumental music.

## Music Suggestion: *Echoes & Shadows*

**Spelling:** Make letters with body while standing or sitting. Explore alphabet, using body parts and positions. Find other ways to make the same letter. Make group of three. Leader calls out three-letter word and group quickly shows word with movement, one letter for each person. Vary by making groups bigger.

**Words:** Create sentences with each person representing one word. ("Cats jump around trees." Cats = student moves like cat; jump = student jumps up and down; around = student runs around in circle; trees = student makes tree shape). Perform sentence in sequence.



# Name Gestures

**Description:** Create simple movement telling something about you and perform while saying your name (read book, throw ball, play piano/guitar).

**Group Game:** Stand in circle. First students says name while showing gesture. Group repeats name and gesture. Continue around circle, adding name-gesture to sequence.

## Variations:

Point to one student and class shows gesture and/or says name.

Augment or diminish name gesture. (If gesture is book with hands, show it with full body or just thumbs.)

In groups of four, design dance sequence using four name gestures.

Change tempo of gesture (slow or super-fast motion).

In group of four, create rhythm sequence based on syllables and accents of each name.



# Paper Plate Play

**Description:** Hand out sturdy paper plates. Explore sounds to make with plate. All share sounds one at a time. Some create repeated sequence (ostinato) of sounds while others keep pulse. Walk while balancing paper plate on head. Make shapes while balancing plate another way. Design dance with plates (A = walk and tap plates overhead to beat, B = stand still and play syllable-rhythm of name, C = make balancing shape with plate, D = trade plates).

## Other Games:

Place small rubber ball, ping pong ball, or other round, non-destructible object on plate. Move plate at several levels without ball falling off.

Place plates on floor like stepping stones. Students move about space, only stepping on plates.

Place paper plates a distance from students. Toss and land yarn balls on plate. Keep score.

