**Musical Bumps**

#### TEACHING POINTS EQUIPMENT

Safety when moving (‘look where going’) Music/sound system

INSTRUCTIONS

* Music on: children dance in their own way to music or in ways instructed by a Coach
* Music off: children must sit down as quick as they can
* Last one(s) to sit down is out or award points to whoever sits down the quickest.
* This can be done without music and the use of a whistle instead to indicate sitting down

**MUSICAL WARM UP GAMES**

**STATUES- Musical**

#### TEACHING POINTS EQUIPMENT

Safety when moving (‘look where going’) Music/sound system

INSTRUCTIONS

**Musical:**

* Music on: Dancing/moving on feet or on the floor showing their best moves
* Music off: When the music stops they must freeze as quick as they can.
* Can award points for the stillest/quietest or get anyone out who moves.

**And/or NUMBER/LETTER/SHAPE STATUES**

* When the music stops call out a statue of a number, letter or shape for them to create on the their own or with a partner/group.

**Valentine Footsteps**

#### TEACHING POINTS EQUIPMENT

Safety when moving (‘look where going’) Music/sound system

SET UP:

* Set space up like ‘what’s the time Mr Wolf’- children at one end of the space and 1 Coach or child at the other end of the space

INSTRUCTIONS

* Music on: A Coach or child (Valentine) turns their back to the rest of the group. The group then walk slowly towards the ‘Valentine’ (no running)
* Music off: The Valentine turns around and everyone has to freeze,
* If any children move or talk whilst the music is off the Valentine can send them back to the start
* The first child to reach the Valentine is the winner and you start another round with the winner as the new Valentine

**DANCE FREESTYLE CIRCLE**

#### TEACHING POINTS EQUIPMENT

Safety when moving (‘look where going’) Music/sound system

SET UP:

Everyone in a circle

INSTRUCTIONS

* Children take it in turns to show their best moves in the middle of the circle
* Everyone claps
* If children are too shy you can have more than one child enter the middle at the same time.

**Alterations:**

One child shows a move and the others have to copy. Everyone takes it in turns.