



Limber up

EQUIPMENT

None.

BEFORE

None.

AFTER

The teacher could invite a student to be the instructor (ensuring that everyone gets a turn over time.)

The teacher could set a time-limit and see how many instructions can be fitted in.

See also the **Brainbites** activities “Drill”, “[Twos and Threes](#)” and “[Alphabet Stretch](#)”.

DESCRIPTION

Students stand for this physical activity and will need a reasonable amount of space.

The teacher explains to students that there are **two** positions for each **leg**:

- the knee is raised so that the foot is raised from the floor
- the foot stands on the floor as normal

and **three** positions for each **arm**:

- by the side of the body (from which position it can only move UP)
- held out in front of the body in a horizontal position (from which position it can move UP or DOWN)
- raised above the head (from which position it can only move DOWN)

The teacher reminds students of LEFT and RIGHT.

All students stand with both feet on the floor and with both arms by their sides.

The teacher gives an instruction in the form of “LEFT ARM - UP” and keeps count of the number of instructions (by counting aloud or marking a tick on a piece of paper). Students comply with the instruction by raising their left arm from its present position (by their side) to a position that is one position further up (ie: held out horizontally)

The teacher continues to give instructions (and to keep count): students endeavour to comply. The aim is for students to comply with increasingly longer lists of instructions. (Target = 20)

If the teacher gives an impossible instruction (e.g.: instructs “LEFT ARM - UP” when the left arm is already in a fully raised position - or - instructs “RIGHT LEG - UP” when the **left** leg is already raised) all the students call out loudly “WHOOPS!” - and the exercise finishes.



LOGICAL

MUSICAL

INTRA-PERS.



PHYSICAL

LINGUISTIC

INTER-PERS.

NATURALIST

VISUAL