

BEGINNING GAMES

GOOD SITTING GAME

There is a lot going on with this simple starting game. It grabs attention, encourages immediate movement, which is a good up-stretch, it's easy to follow and offers the contrast of silence and sound. It's great fun, especially if you add the ingredient of trying to catch out pupils and adults.

AGE: 3–7 years (Nursery–Year 2)

POSTURES: Good Sitting

SKILLS: Focusing, self-control

RESOURCES: Posture and Game card

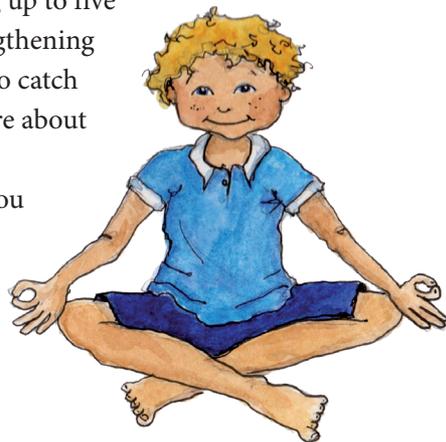
LEARNING OUTCOMES

► Can I sit quietly in *Good Sitting* with straight back and my fingers and thumbs touching?

What to do

Have the children in *Good Sitting Posture*. Stretch your arms above your head saying or singing 'Good Sitting'. Encourage the class to follow or copy you. Bring your arms down and sit quietly in *Good Sitting*, counting up to five obviously and quietly. Repeat twice more, lengthening the time sitting quietly to a count of ten. Try to catch out children and adults by bluffing that you are about to stretch up and say 'Good Sitting'.

The game becomes a battle of wits...will you stretch up or will you not?



SITTING ON A CHICKEN

Children cheer when they know the *Chicken Game* is on the timetable. Ideally played at the beginning of the lesson, it will encourage straight backs and quiet focusing, as well as setting the tone for the lesson in terms of class management and behaviour expectation. It is one of those games of ‘them versus you’, which children love – especially when you lose.

AGE: 7–11 years (Year 3–Year 6)

POSTURES: Good Sitting

SKILLS: Focusing, self-control

RESOURCES: 3 × small laminated chicken cards – see Resources page 91

LEARNING OUTCOMES

➤ Can I sit quietly in *Good Sitting* with straight back and my fingers and thumbs touching?

What to do

The children are on mats in *Good Sitting Posture*.

Ask another adult to find three children who deserve to be sitting on a chicken card by virtue of:

- ◆ straight backs
- ◆ quiet focus
- ◆ thumb and index finger touching
- ◆ warm friendly smile.

Your adult helper gives the chosen three each a small laminated chicken card. While this is happening you are ‘hiding your eyes’.

Your task is then to return to the circle to guess who is sitting on a chicken.



What can happen?

The older the year group the more they will try to bluff, for example by *not* smiling, which is great fun, yet in a quiet way.

BANANA GAME

Such a simple game, yet an *all time favourite* because the children love *not* being caught out by teacher. This is also a great warm-up activity.

AGE: 3–7 years (Nursery–Year 2)

POSTURES: Banana

SKILLS: Listening, participating, following rules of the game

RESOURCES: The occasional banana

LEARNING OUTCOMES

- › Can I make a banana shape with my arms and body?
- › Can I stop when my teacher stops?
- › Can I hold the posture quietly?

What to do

Children stand on their mats (or in front of their chairs) in *Stick Posture*.

Teacher demonstrates *Banana Posture* and sings the banana song:

I'm a banana

I'm a banana

I'm a banana, nana, nana, nana

I'm a banana

Oh I'm a banana

I'm a banana, nana, nana

Nooh

When the children are familiar with the posture and the song, explain that you have a target of (say) four children who will be caught out if they continue to sing or move when you have stopped, i.e. children are to hold the posture in silence where they stop. Most children will try hard not to be caught out. This wonderful side stretch is a terrific warm-up. The song is very catchy too.

Extensions

As the children become more accustomed to the game, increase your target figure.



KNOCK DOWN THE TOWER GAME

This is a wonderful way to engage the class immediately, especially for the first time. Everyone will want to be picked. You will be spoilt for choice. Who doesn't want to knock down the tower? They will be eating out of your hand.

AGE: 4–8 years (Reception, Year 1–Year 3)

POSTURES: Good Sitting

SKILLS: Listening, following instructions, self control

RESOURCES: Foam blocks to build tower

LEARNING OUTCOMES

› Can I sit quietly in *Good Sitting* with straight back and my fingers and thumbs touching?

What to do

Build a tower of colourful foam bricks in the middle of the hall. Best to do this before children come in because of the element of surprise. Ask the class who would like to knock the tower down. You will be inundated. Tell the class that you will choose someone sitting well in *Good Sitting Posture*.

Make your choice. Give the pupil the choice of knocking down the tower calmly or angrily. This may be something you can refer to later.