

Catch My Name

This is a good exercise to start a lesson, particularly if you are unfamiliar with the pupils' names.

It is suitable for all ages and abilities and enhances key skills such as memory, concentration and confidence.

This exercise requires a soft ball or bean bag and should last no longer than five minutes.

Instructions:

- 1) Gather the pupils into a circle.
- 2) Call out a name of a pupil and pass the ball/beanbag, saying your name and the name of the pupil.
- 3) The pupil will then say their own name and pass the ball/beanbag onto another student, saying their name.
- 4) This continues until everyone has been involved.

For variation, try setting the pupils a time limit, or ask them to swap places with the pupil they have thrown the ball/beanbag to.