

Ten Second Object

'Ten Second Object' is a physical warm up that will get pupils thinking about shape and movement. It is a good way to build team work and communication skills, whilst also getting the children thinking about their vocabulary.

It requires a large space and it is suitable for all ages and abilities. It is an exercise that can accommodate any sized class and should last no longer than ten minutes.

Instructions:

- 1) Divide the class into groups of about four or five.
- 2) Call out the name of objects - car, for example.
- 3) The group must work together to form an object by contorting their bodies to make the shape. Each group has ten seconds.

NOTE: This exercise is NOT competitive!!