

As they apply their skills

# Space Shake

Activity Card

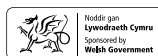


## Let's play

- 8 children in each garden
- Make own version of sports aerobics by performing a range of sport moves to music
- Work with a partner to make up 2 moves - 16 counts for each move, and then join two pairs together. Teach each other to have 4 x 16 counts and then join two fours together and again teach one another to have an 8 x 16 count routine that can be repeated
- Perform routine as accurately as possible



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# Space Shake



## Key words

Control, balance, coordination  
 Strength, stamina  
 Accuracy, fluency  
 Beats, counting, rhythm,  
 timing, repetition

## Resources

Throw-down markers, music with a regular and obvious beat, video camera to aid movement and recall and analyse performance

## Safety & Organisation

### Ensure:

- surface is safe and free from obstructions

### Opportunities to:

- develop control, balance, coordination
- develop stamina and strength
- show greater accuracy in sequencing
- sustain activity over appropriate periods of time
- feel positive about themselves
- use compositional principles in creative activities to plan a performance with an awareness of the factors that promote quality
- describe how they feel doing different activities and show some understanding of the importance of physical activity to health, fitness and well-being

## Questions

- How did you feel when you finished your routine?
- Why is it important that you do activities like these regularly?
- How often and for how long should you be active each week?
- What could you do to persuade your family to join in with this activity?
- How could you make this activity easier?
- How could you make this more challenging (energy/thinking)?
- How well did you remember the order of the moves?
- How could you improve your movement memory?
- What are you going to do next time to make sure you remember all your moves?

## Changes to the activity

### Change the:

#### Space

- perform with in a different space with different points of reference

#### Task

- activities/skills the routine is made up from e.g. use only football skills, or swimming strokes, or athletics skills, or fitness skills, must include one from..., choose from...etc. Use a move cube to decide moves
- direction, speed, level of the moves
- number of moves in each section - more or less

#### Equipment

- add in balls, hoops, skipping ropes, etc.
- add in apparatus such as benches, steps, etc.

#### People

- one group choose moves for another group to do. Include some 'must have' moves, e.g. goal celebrations, etc.
- number in each group
- way you work as a pair, e.g. mirroring. Change the way you work as a group, e.g. unison (all at the same time), canon (one group after another Mexican wave style)

