

# Movement Challenges & Games

## FIVE NOSES

- Movement activity which allow students to move in a space and form groups.
- Students move randomly in a designated fashion (eg running, skipping etc) in the designated area. The students then form groups.
- A command is called out, eg “5 noses!”, or “3 elbows!” which contains a number and a body part. The students then have to quickly form a group with the required amount of people based on the number which was called out, and joined by the designated body part.

**Equipment:** Cones to define the area.

**Area Required:** Any space. Whole class participation.

### Benefits

- Co-operation (Am I including others? How am I including others?).
- Teamwork/Groupwork (How am I using others to achieve the goal?).
- Class cohesiveness.
- Initiative (What did I do to join the group?).
- Fun.
- Body awareness.

### How to explain the activity

- As above.

### Cues for debrief / reflection

- What did you like about the activity?
- Were any parts of the game challenging? (This may bring up ‘personal space’, Finding the right amount of people to complete the group number.)
- How did you feel when you found/ or didn’t find a group?

### How to vary the activity

- Be creative with the selection of body parts.
- Use any combination of numbers from 2 - 30.
- Ask the student for their feedback on how the game could be modified, or any ideas they have to change it.