

# Movement Challenges & Games

## IMAGINATIVE MOVEMENTS

- Ask group to move in imaginative ways.

**Equipment:** Cones to designate area.

### Benefits

- Imagination.
- Confidence.
- Creativity.
- Good warm up.

### How to explain the activity

- I would like you to move within our area as though you are; lost, carrying a heavy load, hurrying, trudging through mud, barefoot on gravel, a rag doll, skating, a frog, a horse etc.
- If you need ideas look to see what others are doing, be as creative as you like.

### Cues for debrief / reflection

- How did it feel?
- What was your favourite movement?
- Which was the most challenging?
- Can you think of any others you would like to share?

### How to vary the activity

- Try in small groups or pairs allowing one person at a time be the leader.
- Do it without speaking and ask what the group thought they were doing at the end.