

5

Developing

Freeze

Learning Outcome: Developing static and dynamic balance, relationships (with others), body and space awareness.

Activity

- In a defined grass or large area, each group of four stands in a line with a leader at the front.
- The group walks or jogs a short distance behind the leader. When the leader turns around, all of the followers 'freeze' on the spot.
- Any children who move or who are slow to stop collect a 'thaw' point.
- Repeat several times – the leader can change the type of movement to skipping or galloping etc. Change the leader after several turns.



You Could Ask...

- What can you do to freeze suddenly when the leader turns?
- Can you hold your shape for three seconds?

You Could Change It...

- Vary movement: change the type of movement after each stop (e.g. to hopping, crawling).
- Vary body shape: leader nominates some kind of statue position, which the children assume (e.g. ballerina, tall shape, stretched elastic).

Can you see?



Quick reactions, using space, tight muscles, stable base, eyes on leader.



Equipment

Defined grass or large area