

Floating Fabric

Each pupil gets a tissue and stands behind their chair. Teacher leads a selection of the suggested actions below with the tissue.

Equipment:

Large clean tissue or piece of kitchen paper for each pupil.

- Wave it high or low with each hand.
- Swing it slowly above head with both hands.
- Pass it around waist from one hand to the other.
- Make a figure of 8.
- Balance it on the head, elbow, knee or foot.
- Throw it in the air and try to catch on the shoulder/elbow/knee/foot.
- Trace the shape of letters or numbers in the air with it.
- Squash it into a ball, throw with one hand and catch with the other.

In pairs (within pods):

- Take turns being the 'mirror' and copy partner's movements with the tissue.

Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **working in pairs** and **objects moving through the air**. You might like to try the below activities.

SPHE

Strand: Myself and others

Strand Unit: My friends and other people

- Discussing qualities associated with being a good friend and sharing examples from pupils' own experiences of friendship.

Science

Strand: Energy and forces

Strand Unit: Forces

- Classifying and comparing heavy and light objects.
- Making and testing predictions about objects that will sink or float.