

Activity #3: Jumping Jack Freeze

PURPOSE: Use body in creative way to communicate animals, object, or story character, while working on static balance and muscular strength.

EQUIPMENT AND ORGANIZATION: Hand drum. Students scattered in personal space.

HOW TO PLAY: The leader calls out the name of an animal, object, or story character, then beats the drum three times. On the third beat everyone must freeze in whatever shape was called out (i.e. giraffe, bear, toothbrush, chair, Buzz Lightyear).







