



Recommended Year Level: R-6 & 7-10 | **Duration:** 10 Minutes | 2 large groups (12-15 people per group)

AIM

The purpose of this activity is to create a fun and engaging student-centred cardio-vascular warm-up that practices fundamental movement skills and repetition using beach balls.

Resources

- 2 x beach balls (min. 2 per group)
- 1 x marker and roll of masking tape (per group)
- Gymnasium / studio space
- Music - Suggestion: *Cruising (Beachball) (6:25 secs)* by Nalin & Kane vs Denis the Menace feat. Alexandra Prince

Learning Outcomes

- Develop students physical fitness / flexibility
- Literacy and numeracy skills
- Focus, hand-eye co-ordination / gross motor skills
- Spatial / body awareness
- Fundamental Movement Skills: development of locomotor and non-locomotor movement skills
- Random sequencing / patterning

TASK

- Arrange students into 2 large groups (circles) and allocate each group 2 x beach balls, a marker and tape.
- Place a line of tape lengthways on each coloured side of both balls (there should be 6 per ball).
- On one beach ball - half of the group will choose 6 x numbers between 10 - 30 and write a number on each piece of tape. This represents the number of repetitions to be performed.
- On the other beach ball - the other half of the group will choose 6 movement skills that are suitable for a warm-up and write a different movement skill on the tape on each side of the beach ball. *I.e star jumps, jogging, squats, side reaches, fast feet aka pitter patter feet, knee lifts.* * These can be simple or more complex if desired.
- Students will begin by passing a ball to another group member who will catch the ball. There are always 2 beach balls in play.
- One student will receive the movement beach ball and choose the first movement they see when they catch it.
- The other person will receive the repetition beach ball and choose the first number they see when they catch it.
- The catchers will announce the movement & repetitions to the rest of the group so everyone is aware of what to do.
- The music will begin and the movements will commence. The aim is to continuously move throughout the song - even if the group has reached the number of repetitions, you must continue the movement until a new movement and repetitions are announced.
- The transition is only established by the passing and catching of the beach balls amongst the group.
- Each member of the group must have at least one turn at catching / throwing a beach ball.
- The activity continues until the music ends.

Performance / Reflection

This activity is best performed in larger groups. As a reflection, you could ask questions or facilitate group discussion about the benefits of cardio-vascular warm-up as a safe dance practice and / or posture and alignment for stretching techniques. The key aspect of this activity is the interaction between students and the student-centred nature of the activity.

NOTES

- For a shorter warm-up you can use the song *Beachball (original mix)* by Nalin and Kane (4 mins)
- Students can also use a *FREE CHOICE* label as one of the options on either the movement or repetition beach balls.
- This is a cardio-based warm-up which can also be used as a cool down option with movements for stretching on one beachball and number of seconds to maintain each stretch on the other beach ball.