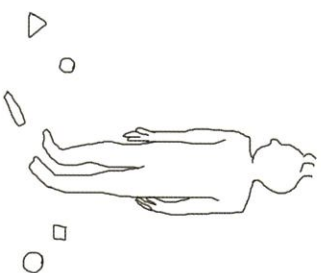


# Bowerbird

**Resources:** A flat, firm floor surface with objects of varying sizes, e.g. lego, knuckle bones, 20cm ball, as treasure to collect.

## Starting Position:

Children stand with feet in a normal position.



Starting position

## Movement:

Small controlled jump to an object.

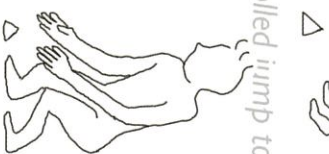
Squat down and pick up object with two hands (claws). Hold object and jump to next object. Squat to pick up. Continue to pick up objects if able to hold in two hands. Jump in a controlled way back to the nest and drop objects into it.

## Extras:

Vary floor surface to softfall, grass and sand.

## Critical Points:

- Controlled two-legged jump so that treasure on the ground or in claws isn't squashed.



controlled jump to object



Drop 'treasure' into nest

pick up 'treasure' with 'claws'

**Module 1: Difficult**

# Gum Tree

**Resources:** Enough space for the children to spread arms/sway without knocking others. Start on firm, flat surface (playground). Progress to grass, then soft sand, then a grassy slope.

## Starting Positions:

- Children stand with 'normal foot' position, arms spread out like branches.
- Stand with feet shoulder width apart.
- Stand in a 'walk-stand' position, i.e. one foot in front of the other, about 1 foot apart. Remember to swap feet so both left and right have a turn being in front.
- Stand in 'tandem' position, i.e. feet placed one in front of the other heel-to-toe. Remember to swap feet so both left and right have a turn being in front.

## Movement:

Children stand still and quiet. Ask them to sway gently in the breeze. Ask them to sway more when the storm blows.

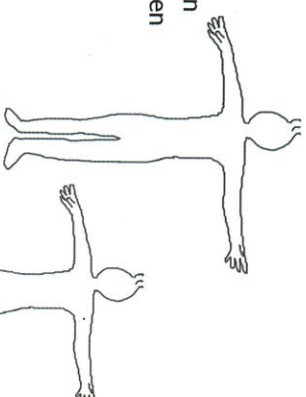
Ask them to close eyes for 'night time' (not all children will be comfortable closing their eyes) and to stand still. Add a gentle breeze and then a storm. Keep feet still, they are the 'roots'.

## Extras:

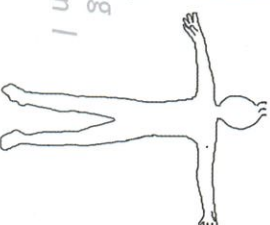
There are many variations to this activity:

- \* Foot position (normal, apart, walk-stand, tandem)
- \* Amount of swaying (gentle, strong)
- \* Vision (eyes open, eyes closed)

When the children understand these combinations, then add a cognitive component: wind direction.



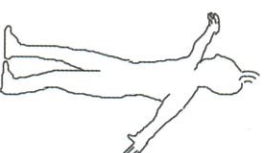
Starting Position 1



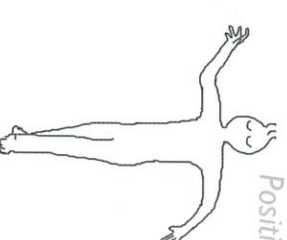
Starting Position 2



Starting Position 3



Starting Position 4



Swaying according to the breeze, eyes closed for 'night time'

## Critical point:

- Feet should stay on the ground.

**Module 1: Easy**