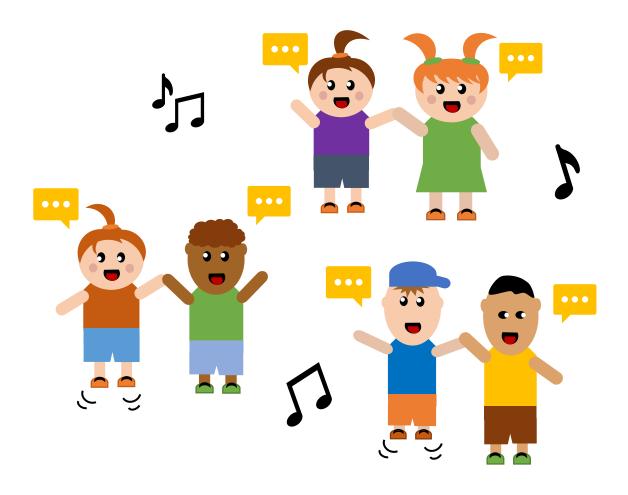


# **ROCK AND CHAT**



## **ROCK AND CHAT**

### Objective

In Rock and Chat the children practise locomotor skills. Further, they practise social skills as the children shake hands/give high-fives and tell another child something about themselves.

#### Equipment

Music

#### Instructions

- 1. Put on some music and let the children move in different way each time the music is playing. For instance:
  - Run, run in slow motion, walk normal, walk as fast as you can, walk as strange as you can
  - Leap, leap like a frog
  - Gallop
  - Crab walk (put your hands on the floor with your back facing the floor and walk sideways)
  - Dance, dance as strangely as you can
  - Swim in the air
- 2. When the music stops, they must go up to the nearest child and shake hands with them or give them a high-five, and then tell the child something about themselves that you have set as a task (for instance, what do they like doing at home? What is their favourite colour? What do they like playing at playtime? What animal do they like, etc?).
- 3. Each time the music stops, they must go up to another child.

#### Variation

• Encourage the children to move in different ways.