

## Horse race

Stepping Stones : Teambuilding & Empowerment; Body, Movement and Senses

Materials : no materials

Type of exercise : oral

Duration exercise : 15 min.

### Objectives

The learner can understand instructions.

### Preparation

The learner must be familiar with the instructions.

### Instructions

- Stand in a circle.
- Tell the learners you are all riding a horse and participating in a race.
- Let them mimic the instructions below.

*We calmly walk to the start.*

*Stand still!*

*Our horses are nervous. They are snorting and blowing.*

*The starting shot resounds.*

*We gallop, straight ahead... Go, go!*

*There's water further down the road. We have to jump over it. Watch out! Jump!*

*And trot!*

*There's a bend to the left. Go to the left!*

*And straight ahead!*

*Now a bend to the right and again to the left!*

*One more time over the water. Jump!*

*...*

*Yes...and there is the finish! Give everything you have!*

*The race is finished. The horses are quietly coming to rest: first in gallop, then walking.*

*They are snorting and blowing.*

### Variation

Let a learner direct the race.

## **Tips for the instructor**

You can add sounds: clicking the tongue slowly when walking and quickly when galloping; clapping the hands and hitting the thighs when trotting.

## **Read more in our manual at [www.alternativeways.eu](http://www.alternativeways.eu)**

### *Language skills / Linguistic performance*

- Listening
- Speaking

### *Linguistic competence/knowledge*

- Vocabulary
- Sentence construction
- Oral language skills

### *Social-emotional skills and competences*

- Communication skills
- Empowerment
- Fun
- Imagination, creativity and learning to learn
- Narrative thinking