

# **Command Sports**

Stepping Stones : Body, Movement and Senses

Materials : no materials

Type of exercise : oral

Duration exercise: 15 min.

## **Objectives**

The learner can consolidate new vocabulary.

## **Preparation**

Introduce the commands, the meaning and the moves e.g. Command high knees!

Command jump!

Command sit!

#### **Instructions**

- Form a circle.
- Give a command and make the appropriate move. The learners copy you.
   Do this a couple of times.
- Add a rule: a learner who's made a mistake, gives the next commands.
- Add another rule: if you give the instruction without introducing it with the word 'Command', the learners must remain still.
- Add a last rule: give a command but make a different move. The challenge for the learners is to follow the command but not to copy the move.

#### Tips for the instructor

Increase the fun by increasing the speed of the exercise.

## Read more in our manual at www.alternativeways.eu

Language skills / Linguistic performance

- Listening
- Speaking

The Alternative Ways toolkit has been developed by GO! onderwijs van de Vlaamse Gemeenschap (Belgium), Elan Interculturel (France), Arbeit und Leben NRW (Germany), De Talentenschool (The Netherlands) and Storytelling Centre (The Netherlands). The project is co-funded by the Erasmus+Programme of the European Union. Our website: <a href="https://www.alternativeways.eu">www.alternativeways.eu</a>.



## Linguistic competence/knowledge

- Vocabulary
- Expressions / sayings
- Memory

Social-emotional skills and competences

• Fun