

## 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](http://www.alternativeways.eu)

*Language skills / Linguistic performance*

- Listening
- Speaking

*Linguistic competence/knowledge*

- Vocabulary
- Expressions / sayings
- Memory

*Social-emotional skills and competences*

- Fun