

Cross Aerobics

Stepping Stones : Body, Movement and Senses

Materials : incl. materials

Type of exercise : oral

Duration exercise : 15 min.

Objectives

The learner can consolidate the vocabulary about the body parts.

Materials

Blackboard

Preparation

- Draw a silhouette on the blackboard.
- Label and number the body parts.
- Teach the meaning and the pronunciation of each body part.

Instructions

- Form a circle.
- Start with label 1, the head. Shout *Point to the head!*
- Firstly, each learner points with his/her right hand to the head of his/her neighbor on the left.
- Secondly, each learner points with his/her left hand to the head of his/her neighbor on the right.
- Go on with label 2. Shout *Point to the eyes, nose, shoulders...!*
- The aim is to find a regular rhythm the whole group follows.

Variant

Play an instrumental song with a distinct rhythm (e.g. salsa) and do the exercise on its rhythm.

Read more in our manual at www.alternativeways.eu

Language skills / Linguistic performance

- Speaking

Linguistic competence/knowledge

- Vocabulary
- Memory

Social-emotional skills and competences

- Fun