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La componente ludica delle attività in palestra crea un clima stimolante e motivante per apprendere in una lingua diversa le posture e i movimenti e offre l'opportunità di sviluppare le attività di ascolto e comprensione anche per gli alunni meno dotati.

## Can you bend your knees?

### Like horses in the mud

Before starting think over the place where your children are going to act, above all for those who've got special needs. Have a revision of body parts using flashcard games or TPR activities until the pupils are confident with the vocabulary.

Now you can start with different ways of walking.

Beat the tambourine to time the children's steps and give examples:

- walk slowly / fast;
- walk with short / long steps;
- walk and stop on the tambourine sound.

You could ask the children to *jump*, *hop* or *skip* on commands that you give aloud.

Introduce new vocabulary and ask them to:

- *Tiptoe*;
- *Creep*;
- *Plod*.

Appeal to your children's imagination to create a lively atmosphere so that they act as animals or robots or dancers. e.g. *You are horses in the mud: plod, plod, plod...* or you can pretend to creep upstairs and ask your children: *Who am I?* Listen to their ideas and invite

them to mime you doing the different ways of moving.

### Assessment

In the gym play TPR activities. Start with simple commands and go on to

more complicated ones. Use the structures you have worked on during the lessons. You can ask the whole class to respond, but pay attention to each child. Let the weaker pupils imitate their friends.

### Giochiamo

#### Sailing and riding

This activity is based on the traditional nursery rhyme:

(in Wikipedia look for Rould Folk Song Index for the tune)

*Row, row, row your boat  
Gently down the stream  
Merrily, merrily, merrily, merrily  
Life is like a dream.*

Let's sing the rhyme together several times, then ask the children to work in pairs and mime the rocking boat singing the rhyme:

- sit down on the floor;
- bend your knees;
- hold your friend's hand;
- rock back and forwards.

You can also use the second verse of the rhyme doing another exercise:

*Ride, ride, ride your bike  
Gently down the lane  
Happily, happily, happily, happily  
Life is like a game.*

In this case ask your children to lie on the floor, bend their knees, to raise their feet from the ground and mime riding a bike.

#### Over / under - Left / right

For this game you need two balls. Get your children in two lines to make two teams and tell them that they are going to race.

Each child in the line must pass the ball backwards alternatively **OVER** his head and **UNDER** between his legs and at the same time say *Over* or *Under* correctly.

The line which finishes first is the winner. If the children are in two circles they could pass the ball to the right or to the left and change direction at the tambourine sound.

Each child must say *left* or *right* before passing the ball.