

Body Part Games

Year 1

Subject Focus: Ourselves

★ **Gymnastics**

Objectives Pupils will learn to:

- indicate location of named parts of the body on themselves and other children and name external parts of the body e.g. *arm, leg, knee, eye, ear, nose, tongue*

- ★ perform basic gymnastic actions, including travelling, jumping and balancing
- ★ manage the space safely, showing good awareness of each other, mats and apparatus.

Activity

Balloon ID

- Call out a body part and ask the children to tap a balloon in the air using that body part and keep it in the air. Keep calling out different body parts. The children could work in twos and challenge each other.

Points and Patches

- Call out a combination of body parts for the children to balance on e.g. Two hands and one foot, bottom and one foot etc.

Hoop-La

- Spread a number of hoops around the room. Ask the children to travel around the room and then shout a number and body part and they must work together to place that many body parts in the hoop, e.g. six feet, eight hands, four elbows etc.