

A selection of Starter Activities

Ask the students to form a circle with the chairs facing outwards or towards the centre. Have one seat spare. Tell the students that they must stop you from sitting down. They can only do this by moving to either their left or right to the chair next to them if it is unoccupied.

Emphasise the importance of working as a team. Encourage them to be constantly aware and communicate to their peers when the teacher approaches the spare chair.

You can vary the activity by using two spare chairs and two students.

The activity is a good starter if your lesson has the theme of isolation or bullying.

Ask the students to place a chair in an area of the room and sit down. Have a spare chair for yourself. They must stop you from sitting down by sitting on the chair you are moving towards. There will always be one chair spare. Students may realise that it is more effective for the person furthest from the spare chair to move rather than the one closest to it.

To give them a sporting chance, begin by moving slowly or using pigeon steps. As they improve you can move faster.

This activity requires communication but is also a good follow on activity from the one above as students are required to change tactics. Allow them to work out how to prolong the game rather than pointing it out to them. This will force them to work as a collective. This would be a good discussion point after the activity.

Ask the students to find a space in the studio then ask them to move around the space until you ask them to freeze or stop. Nominate one student to close their eyes. You then instruct the rest of the group that they only have a certain number of steps they can take while the nominated student tries to touch the student with their eyes closed. Stress the importance of safety and that this is an activity which is intended to build tension whilst using listening skills, tactics and awareness. Students can duck or sway out of the way but it must be done in silence. Once someone has been caught, that person must sit out of the game as you begin another round.

Only give the students one to five steps to make their escape.

The activity is good to build awareness, self control and the use of tension if it is done in silence. As the teacher please ensure the safety of the nominated student in case they fall.