

PizzIMMERSION

Professional Learning Activities

Mini lesson plan

Title

Sevens

Materials

A clear space in the classroom – or tap on desks

Year level suggested

Years F-10

Useful for

Brain breaks
Coordination skills
Teamwork
Memory

Learning intention

To engage students by learning and performing a body percussion sequence – fun AND challenging!

Steps

- Tap 7 times on knees at a moderate speed whilst counting out loud
 - “1, 2, 3, 4, 5, 6, 7”
- Alternate tapping knees and clapping hands together whilst counting
 - “1 (knees), 2 (clap), 3 (knees), 4 (clap), 5(knees), 6 (clap), 7 (knees)”
 - The ‘sand castle section’ as it could look like you’re building a sandcastle
- Alternate tapping knees, clapping hands, and clicking whilst counting
 - “1 (knees), 2 (clap), 3 (click), 4 (knees), 5(clap), 6 (click), 7 (knees)”
 - The ‘triangle section’
- Alternate tapping knees, clapping hands, clicking, clapping hands, whilst counting
 - “1 (knees), 2 (clap), 3 (click), 4 (clap), 5(click), 6 (clap), 7 (knees)”
 - The ‘chewing gum section’ as it looks like you’re stretching chewing gum
- Alternate tapping knees, clapping hands, clicking, tap elbow, tap other elbow, clap hands, tap knees whilst counting
 - “1 (knees), 2 (clap), 3 (click), 4 (elbow), 5(elbow), 6 (clap), 7 (knees)
 - Could be referred to as the ‘elbows section’
- Repeat!

Extension

- Try this at speed – then in reverse!
- Try as a round. Half the class begins the pattern and the other half begins after the first pattern of 7s is completed. The ‘Row Row Row Your Boat’ of body percussion!

Curriculum links**Music**

- Explore and Express
- Present and Perform

Dance

- Explore and Express Ideas
- Dance Practices
- Present and Perform

Health and Physical Education

- Movement and Physical Activity

Capabilities

- Personal and Social
 - Social Awareness and Management, Collaboration

Need support?

Email *PizzASSIST*, education@mso.com.au
and quote *PizzASSIST* in the subject line