

19. The Remote Control

Description

Invite pupils to find a space in the playing area. Pupils must respond to the different instructions from the remote control (the teacher) by performing the corresponding action.

- **play** - walk around the space
- **pause** - freeze on the spot and hold a balance
- **rewind** - walk backwards carefully
- **fast forward** - walk forwards as fast as possible
- **slow motion** - walk as slowly as possible
- **record** - make funny faces at classmates
- **volume up** - jump up
- **volume down** - crouch down
- **change channel** - new type of movement (hop, skip, side step, etc).

Equipment

- None

Variations

- Begin by using a small number of commands until the pupils become familiar with this activity.
- Arrange the pupils in small groups within their own playing space. Invite one pupil in each group to be in charge of the remote control. After a designated time, swap roles and repeat the activity until each pupil has had a turn to be the remote control.

