

PizzIMMERSION

Professional Learning Activities

Mini lesson plan

Title

Same, Opposite, Complementary

Year level suggested

Years F-6

Useful for

Brain breaks
Relaxation
Refocusing
Body Coordination
Group Participation

Materials

A clear space in the classroom
This activity works well with steady and relaxing music, but this is not essential

Learning intention

To explore physical responses and interpretations of auditory and visual signals

Steps

1. Warm up – have the students “mirror” your body movements. Be sure to explore a range of levels, spaces and pathways
2. Choose a leader to begin the activity. Remaining students stand in a circle (or any other shape that allows clear visual line)
3. Leader makes a body shape
4. Teacher instructs students to make: the same shape; an opposite shape; a complementary shape – this is open to students’ personal interpretation
5. Students take it in turns to be the leader

Extension

- This activity could be done in pairs or different size groups with observing students offering comments
- Standing in a circle, students may take turns to respond to the shape the person before them creates
- This can result in a sort of ‘human sculpture’ piece at the end of the music
- Carry out the activity with no speaking

Curriculum links**Dance**

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

Music

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

Health and Physical Education

- Movement and Physical Activity

Capabilities

- Personal and Social
– Social Awareness and Management, Collaboration

**Melbourne
Symphony
Orchestra**



Education
and Training

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