

## **Activity Sheet**

**Title:** The snake 2

**Category:** Psychomotricity

### **ORGANISATION OF THE EXERCISE**

**Duration:** 25 minutes

**Arrangement:** in the classroom, tables lined up along the wall

**Age:** 5 to 6 years old

**Materials:** music

**Objective(s):** Coordination between music rhythm and movements

### **CONDUCT OF THE EXERCISE**

**Motivation(s) for the exercise :** The educator addresses the students: "Today, you're going to turn into a snake. Are you ready to move like a snake while listening to music?"

**Exercise :** The educator asks the students to line up in single file. "Stand in single file, with your hands on the shoulders of your classmate who's in front and your legs spread. That way, you've become a snake. I'll play some music. The snake moves to the rhythm of the music. the back of the line must pass between the legs of all his comrades and come to the front. The snake stops when the music stops.

**Control of acquisition:** The educator checks that the student pulling up the snake does so without touching his or her classmates. The snake's head advances and stops to the rhythm of the music.