



BODY PARTS

INSTRUCTIONS:

Players need to move around the space. On the leaders command they will perform a specific action.

Call out a number or a body part. The players then need to have that number of body parts touching the floor or just the body parts you say touching the floor.

For example, 3 points may be, 2 legs and 1 arm

For example, for body parts, you may say put your elbow on the floor, children then find a position that allows them to put their elbow to the floor

EQUIPMENT:

None

DID YOU KNOW:

The smallest bone in the human body is in the middle of the ear and is 2.8mm long.

The left side of your body is controlled by the right side of your brain and vice versa.

Calcium is very important for our bones and helps keep them strong and healthy.

There are around 650 muscles in the human body.