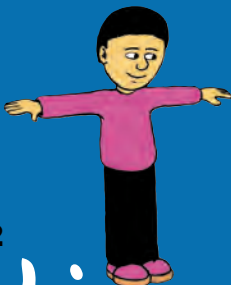


# 15.



**LOWER KEY STAGE 2**

# Directions

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## **READY...**

Classroom.

---

## **STEADY...**

Stand in space.

---

## **GO!**

- March on the spot, high knees, use arms.
- Feet together, small bounces on the spot.
- March.
- Small bounces clockwise, anti-clockwise.
- March.
- Crouch down as small as possible, reach up as high as possible, star shape, as wide as possible. Rpt.
- Kick feet up in front (with bounce in between), kick feet up behind towards bottom (with bounce in between). Rpt.
- Make a bridge shape, face up then face down. Rpt.
- Stand up. Imagine you are standing in the middle of a compass.  
Feet together:

Jump N - 4 bounces

Jump S - 4 bounces

Jump E - 4 bounces

Jump W - 4 bounces Rpt.

Can you bounce once on each compass point?

- March.
- Game: Child calls out ‘Captain’s Orders’  
Skip / run / hop (on the spot) facing N / S / E / W, etc.  
See if class can perform actions without mistakes.
- Stand with hands on hips, feet apart. Gently lean to the left, centre, right without leaning forwards. Rpt.
- Repeat the above, but reach down to touch the floor each side (hand flat), bending the knees and standing up straight in between. Rpt.
- Stand up tall. Slowly raise arms to 12:00, lower to 6:30, back to 12:00 and lower again.

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### **EXTENSION OPPORTUNITIES**

- Children could suggest other compass point actions to add to game.

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### **LIFESTYLE TIP**

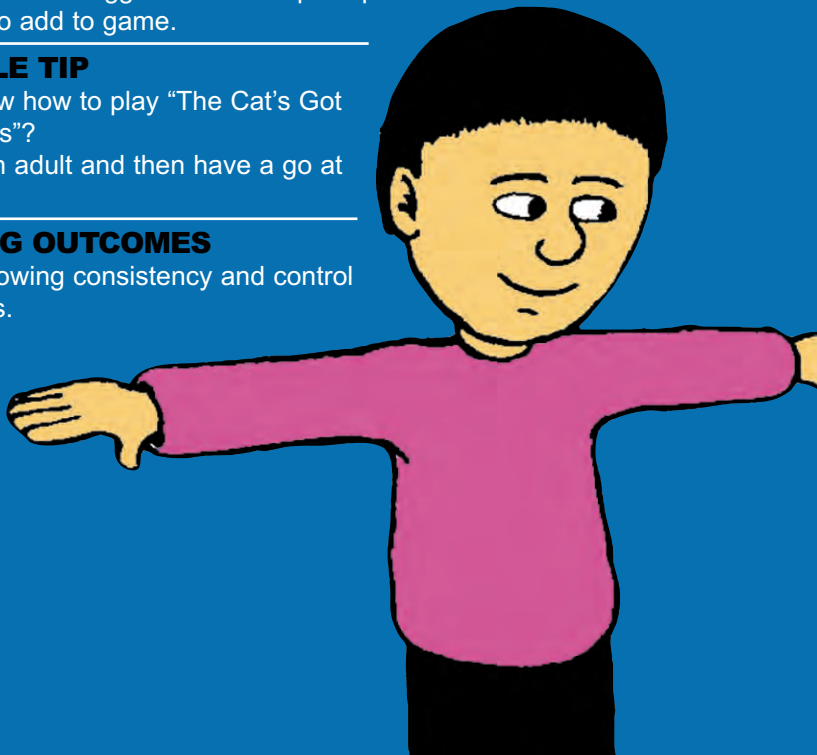
Do you know how to play “The Cat’s Got The Measles”?

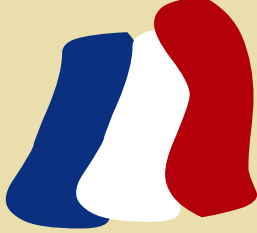
If not ask an adult and then have a go at playing it.

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### **LEARNING OUTCOMES**

- Show growing consistency and control in games.





# La Boussole

This activity focuses on using the compass points and is a good way of teaching or reinforcing these in French and of linking French to work in geography. Some of the actions have been omitted in the French version.

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## KEY LANGUAGE

Marchez sur place – comme ça!

Les pieds comme ça – sautez!

Des petits sauts – comme ça!

Changez de direction.

Tout petit... et puis très grand comme ça!

La boussole (*a compass*)

Nord, est, sud, ouest

Mettez-vous au centre

Quatre sauts vers le nord

...vers le sud

...vers l'ouest

...vers l'est

Les ordres du Capitaine

Marchez...

Sautez...

Courez...

Sautez sur un pied...

face nord, sud, est, ouest, etc.

## **EXTENDED LANGUAGE**

Marchez sur place, les genoux hauts – utilisez les bras

Pieds joints, faites des petit sauts sur place

Faites-vous tout petit puis levez-vous, les mains et les jambes écartés – en étoile

Vous êtes au centre de la boussole

Les pieds joints

Quatre sauts vers le nord / le sud / l'ouest / l'est

Encore une fois

Faites un saut sur chaque pointe de la boussole

Marchez

Les ordres du Capitaine (*see Key Language*)

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## **LANGUAGE TIP**

Compass points in French are given in the same way as in English. North-west is *nord-est*, south-east is *sud-est*, etc.

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## **CLASSROOM TIP**

Use the compass points to play a game in the playground or hall.

Indicate which side is north, south etc. Children walk, run etc around the space – to music if wished. When you call one of the compass points, they must go to the correct side.