

Rumble in the Jungle

CLASS AGE. Years 3,4,5 and 6 (although could be adjusted for younger children)	DURATION. 5-10 minutes	OPTIONAL MUSIC. Jungle sound effects (suggested music: Party Party Party from the Madagascar soundtrack)
FACILITY. Hall/Outdoors	ACTIVITY TYPE. Warm-up/fun activity, can be developed into a longer piece of dance/movement work	

AIMS

- To increase heart rate
- Mobilization of body
- To develop grouping and formations skills
- To develop agility and control speed of movements

MAIN ACTIVITY

- Set the scene by telling the pupils they are in a jungle. Describe the plants, the terrain and the sounds. Talk about taking big steps over the undergrowth, going under branches and through long grass.
- Ask the pupils to move around the area in many directions as possible and imagine that they are fighting their way through dense jungle (Walk in and between them to deter the whirlpool or circle effect).

We're now going to introduce specific actions to our walk through the jungle. Practice and rehearse each action separately, incorporating moving around the jungle between each action. Don't add too many movements and always use a Control Command action to slow the pupils down i.e. chop. Allow the pupils to create their own actions.

Example Actions:

Chop Standing still mimic a swinging chopping action side to side and up and downwards movements. Chopping back, the jungle undergrowth.

Swing Rope This action can get out of control if you don't set ground rules. Practice this movement a couple of times before adding other actions. Stand still Arms up and holding a rope, take 3 rocking movements forwards/backwards on the last rock Swing on the rope across the room. Control the direction of the swing rope.

Tarantula Spider. Pupils get into groups of 3 as quickly as possible. Sitting on the floor back to backs, arms linked and legs wide apart. Wiggle the 6 legs up and down like a spider!

Crocodile. Working Individually pupils lie down on their tummy with their arms out stretched in front of them and snap arms up and down like a crocodile's mouth.

Giraffe. Working in pairs. One pupil stands tall with their arms stretched up above head like

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a giraffe's neck. The other pupil stands behind holding onto the waist of pupil 1 creating the body of the giraffe.

Lion. Working in threes. Pupils 1&2 go into hands & knees position. Pupil 3 stands behind 1&2 resting their hands on the middle backs on 1&2. Allow a vocal action! 1, 2, 3 ROAR!!