

The Two Snakes

Category: Psychomotricity

ORGANISATION OF THE EXERCISE

Duration: 25 minutes

Arrangement: In the classroom, with tables lined up along the walls

Age: 5 to 6 years old

Materials: Music

Objective(s): To develop coordination between rhythmic music and body movements.

CONDUCT OF THE EXERCISE

Motivation 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 children to form a single-file line.
- Instructions: “Place your hands on the shoulders of the classmate in front of you and spread your legs slightly. Now, you’ve become a snake!”
- Music is played.
- While the music is playing, the last child in the line moves through the legs of all classmates to reach the front, becoming the new head of the snake.
- The snake stops moving when the music stops.
- The game continues, with each child having a turn to move from the back to the front.

Assessment of Learning:

The educator observes whether:

- The child moving through the line does so carefully without touching classmates.
- The head of the snake moves and stops in coordination with the rhythm of the music.