Wave Stretching

Line of inquiry:
How do we participate as a group? Is community important?

Grade range: 4-7
Group size: A few medium sized groups of 15-20 works best.
Materials: Just the space
Time: About 15 minutes – This activity can be used for an introduction or a settling activity. By the end, everyone is working in unison – on the same page.
Skills: Critical thinking skills, communication, cooperation
Space: Enough space to accommodate the group, each person needs enough space to move in and stretch comfortably
Directions: Students will stand in their groups, in a circle. Start by asking students to reach for the sky and then take it down low and come back to standing. Now, the facilitator will instruct students, as a group, to create a wave. I must happen in silence and the students must take their cues from the other students in their group. The goal is a perfect, silent wave.
Deliver the Challenge: The groups can compete for best wave.
Extensions: Students can work on different shapes or syncopated action, where everyone must do their part to make it work.
Reflection: Did you lose yourself in the movement? Were you proud of your involvement? Were you proud of the group's efforts?
Notes: This activity can be used to introduce many different kinds of concepts. It can be used in gym class, drama, or part of any kind of movement discipline.

Core Standards – Social Studies:
Standard III-Objective 1-Indicator b: “Students will understand the principles of civic responsibility.”