



EduTrend Contents

G4C · MUSIC AND MOVEMENT GAMES · PRIMARY

Freeze and Shape

Move to fast and slow music, then freeze in the shape shown on a card when the music stops

Ages 4–9

Level: Developing

15 minutes

Whole group of 4–30

Activity 02

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 02 · AT A GLANCE

Freeze and Shape

Children move freely while music plays. When it stops, the adult holds up a picture card and children freeze in that shape, such as a tall tree, a curled-up hedgehog or a star. Switch between fast and slow tracks so children adjust their speed. End with a slow track and stretching.

Learning outcomes

By the end of the session pupils can:

- move in time with music;
- change speed with tempo;
- stop on a signal;
- make shapes with the body.

KEY WORDS

tempo · fast · slow · freeze · shape · signal

CURRICULUM LINKS

Music: tempo. PE: movement and control. PSHE: self-control.

1**WARM UP**

Bodies and ears ready

2**EXPLAIN**

One game, clear signal

3**PLAY**

Listen, copy, create

4**PERFORM**

Share the sound

5**TALK**

What did you hear?

6**COOL DOWN**

Slow and calm

Materials (whole group)

- Music player
- Open space
- Picture cards of shapes or animals
- Worksheets 1, 2 and 3

Before the session

- Clear the space.
- Choose fast and slow tracks.
- Make cards.
- Agree a stop signal.

SAFETY

Check the space for obstacles; keep a safe distance. Offer a seated version.

ACTIVITY 02 · SESSION PLAN

Step by step

Stopping and starting on a signal trains impulse control.

Time	What happens	Say or ask
0–2 min Warm up	Walk to a slow beat.	<i>“Can you match the music?”</i>
2–3 min Explain	Freeze rules.	<i>“What happens when the music stops?”</i>
3–12 min Play	Rounds with cards; change tempo.	<i>“How did the music change your moves?”</i>
12–15 min Cool down	Slow track and stretch.	<i>“How does your body feel now?”</i>

CHALLENGE CARD (print or copy onto the board)

Change speed with the music and freeze in the right shape the moment it stops.

ACTIVITY 02 · FACILITATOR NOTES

The music game know-how in brief

Stopping and starting on a signal trains impulse control.

Moving to tempo helps children feel the difference between fast and slow.

Common ideas to listen for

- “Fast music means wild moves.” Stay in control.
- “Freezing is easy.” Holding still takes focus.
- “There’s one right shape.” Many shapes fit a card.

Adapting the activity

Support

Show the card before the music stops.

Stretch

Call a number and form group shapes with that many people.

WORKSHEET 1

Shapes I made

Name: _____

Class: _____ Date: _____

Draw your freeze shapes.

Shapes

Card	My shape

WORKSHEET 2

Fast or slow

Sort the music.

Tempo

Track	Fast or slow?	How I moved

WORKSHEET 3

Reflection

Draw or write.

Freezing was easy / hard because...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Moves with tempo	Stops on signal	Makes clear shapes

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Freeze and Shape is a sample activity from the EduTrend Contents G4C Music and Movement Games programme (primary, level: developing). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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