

# The Washing Machine

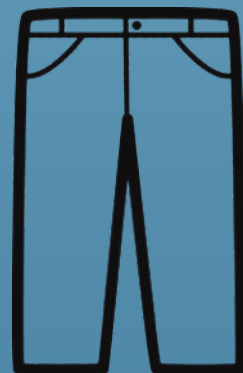
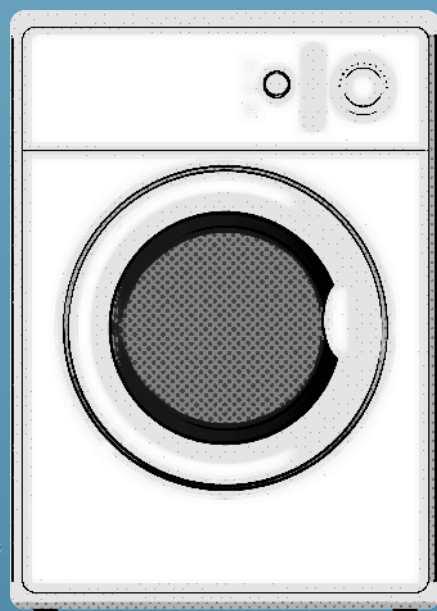
## WARM UP ACTIVITY

### INSTRUCTIONS

STUDENTS FOLLOW COMMANDS AS FOLLOWED WHEN THE TEACHER YELLS THEM OUT:

- **SKIRT** - CHILDREN SIT ON FLOOR WITH LEGS STRETCHED OUT WIDE.
- **TROUSERS** - CHILDREN SIT ON FLOOR WITH LEGS OUTSTRETCHED TOGETHER.
- **SHORTS** - CHILDREN SIT ON FLOOR HUGGING LEGS INTO STOMACH.
- **DRESS** - CHILDREN STAND UP WITH LEGS OUTSTRETCHED.
- **WASHING MACHINE** - JUMP UP AND DOWN ON THE SPOT.
- **SPIN DRYER** - SPIN AROUND ON THE SPOT.

SEE IF THE STUDENTS CAN THINK OF ANY MORE. YOU MAKE A RULE THAT STUDENTS WHO PERFORM THE WRONG MOVEMENT ARE OUT. THIS WAY YOU WILL BE ABLE TO HAVE A CHAMPION AT THE END OF THE GAME.



BreakAppz



@DALESIDEBOTTOM