



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

of Premier
Education

Verbs and Adverbs

Sponsored by British Dodgeball



Overview: Combine creativity and comprehension into this varied, fun activity that gets the body and the mind working!

Time: 10 minutes.

Equipment required: Whiteboard (optional)

Benefits:

- Improves co-ordination and spatial awareness.
- A creative, fun game that should encourage playfulness and laughter.
- Allows children to explore varied methods of movement.

The Game:

1. (Optional) on a piece of paper or whiteboard, write a list of verbs and a list of adverbs.
2. Space the children out around an open and clear room.
3. Instruct the children to keep moving in and out of empty spaces, being careful not to nudge into anybody else.
4. Call out a combination of verb and adverbs from the lists.

Verbs and Adverbs:

Verbs:

- Walk
- Sidestep
- Hop
- Jump
- Skip
- Spin
- Crawl
- Creep
- Wobble

Adverbs:

- Smoothly
- Slowly
- Rapidly
- Robotically
- Jerkily
- Wildly
- Calmly