



If you've got ants in your pants, raise your hand!

Here's an activity on the theme **Ants in your pants!** you can do during **Week 1** of the 2020 *Health Challenge* (*Défi Santé 2020*). This is a fun and simple way to get students moving.



Age group:
Multiage

Required material:
Some space to move around

Skills

Aspect of the overall skills developed by the student:

- Affective
- Cognitive
- Moral
- Psychomotor
- Social

Educational purpose:

Students will develop confidence in front of a group and gross motor skills.

Professional expertise put forward by this activity:

- Facilitating active games with a group of students.

If you've got ants in your pants, raise your hand!

Instructions

1. Ask your group: "If you've got ants in your pants, raise your hand!"
2. Choose a student to come forward and model a movement that the others will follow. The student can only move one body part and must stay in place (spin your arm, move your bum, shake a foot...).
3. When the whole group has made the movement, the student goes back to his chair and sits down. You can ask again, "If you've got ants in your pants, raise your hand!" This time, you can choose 2 students that will each make a different movement. The group must then combine the 2 movements at the same time.
4. You can keep going with more and more students to make it more challenging.

Tips

- Don't forget to make sure everyone has understood the rules before starting. You can ask:
 - "Can we run or do we stay in place?"
 - "Do we talk or do it quietly?"
- You can end the activity by asking all the restless students to stand up and move as they please.



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