

**LEVELS****HOW TO PLAY:**

- Discuss with the class what a level is (where a movement is performed or held in the space).
- Using the commands 'High', 'Medium' and 'Low' allow children to move around the room using different travelling movements.
- Call out a command and children must then adopt a still position to reflect the correct level.
- Repeat, varying the level and ways of travelling around the room.
- Should you call out the same command in succession children must keep the same level, however change the position they are currently holding.

**Resources**

- Music is recommended to be played a very low volume until the children have grasped the concept. Use music appropriate to the lesson. (See music suggestions on the lesson plan)