**NAME OF ACTIVITY**: Musical Robot  
**TYPE**: Foundational Movement

<table>
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<tr>
<th>CYCLE: I, II</th>
<th>ACTIVITY LEVEL: L</th>
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**TACTICS**: Being able to produce different balancing postures, prepare for postural balance mentally before music stops

**QEP**: Comp. I, locomotor skills: running, jumping, galloping, hopping, skipping, twirling, nonlocomotor skills: turning, pivoting, pirouetting, principles of balance, Comp. II, sound signal from music

**PURPOSE**: For the participants to move around the entire playing surface in different ways while preparing to perform various balancing acts.

**PREPARATION**: Everyone finds a spot on the playing surface.

**MATERIALS**: None needed.

**PROCEDURE**: Participants are scattered around the playing area.

**INSTRUCTIONS**: At the start, while the music is on everyone will perform locomotor and nonlocomotor movements in whichever direction and pattern they like. As soon as the music stops, the participants must get into a balancing pose. When the music goes back on, the process is restarted. Participants are expected to try to produce as many balancing variations as possible.

**ADAPTATION/VARIATIONS**: When the music stops, the instructor could tell the students what kind of balancing posture to execute or can specify the body parts that should touch the ground and which should remain off the ground.

**DIAGRAM:**

[Diagram of participants scattered on playing surface]