



Birds

Murmuration movement

Age: 7-14

Topic: Physical Education

Time: 30 minutes



What should learners already know?

- Some birds fly in special formations called murmuration.

What equipment will I need?

- An open space, such as a playground or field.

How will learners explore this?

1. Go out into your playground or another large outdoor space.
2. Encourage children to see if they as a class can move like a flock of starling birds in a murmuration.
3. Children should stick close together and try to move as one body around the playground.
4. They'll have to pay attention to other children around them and move the same way they do, so not to be separated from the rest of the flock.
5. Try it with a leader who begins the movement direction and then try it without a leader and see if they can all move together.
6. You could try with different sized groups. Start with smaller numbers and gradually add more and more children. Why not also try different speeds?
7. See what different patterns children can make with their bodies across the playground.

How can we show the learning?

- Ask children to discuss why they think starlings move in murmurations. What might it protect them from? How many birds do you think can make a murmuration?
- Starlings are famous for their murmurations, which happen when large groups of starlings move together in fast, turning patterns in the air.
- This is thought to be a safety in numbers strategy preventing individual birds from being attacked by predators.
- It often occurs in the evening when birds arrive to roost together, making sure they are safe before leaving the murmuration to roost for the night.
- Ask children to reflect on how easy it was to move together as a group. Was it easier to move in a large or small group? With or without a leader?



If you would like to develop your outdoor learning knowledge and skills, take a look at our range of training courses: ltl.org.uk/outdoor-learning-training

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