

● **You'll need:** No equipment needed

● **You can play:** outside, in the gym, blacktop, field

Warm Up

Simon Says

If the leader says Simon says before an action then participants should follow command. If participants do not hear 'Simon says' they do not follow command (Simon is trying to trick you). Variations include jumping, stretching to touch toes without bending knees, running on the spot, push ups, dancing on the spot, rolling shoulders, rotating arms, wiggling hands, walking on the spot lifting legs, balancing on one leg

▲ Add in more challenging movements as you go such as gallop, jump etc.

▼ Start with simple calls that participants can copy from your demonstration

Game 2

Driving Around

Ask participants to think of the kind of car they would like to be (a fast car, a big truck etc). Have everyone hold their hands out like a steering wheel. Put your seat belt on, put the keys in the car, get ready to drive! Explain the different instructions before they start moving around: **School Zone**=Walking. **Construction** = Jump over pot holes. **Highway driving** = Running **Out of gas** = stand on one leg and make a sound effect like you're filling up on gas-glug glug glug glug!

▲ Call the different commands more frequently to increase movement

▼ Use both visual and auditory cues each time you call a command.

Game 3

Kangaroo Tag

Adult is the tagger. If participants are tagged they must jump like a kangaroo three times before they are back in the game. Adult can use a tagging tool like a foam noodle to make it easier to tag.

▲ Make the space smaller to increase the speed of the game and work on spacial awareness/dodging

▼ Make the space larger to slow the game down. Visually demonstrate the kangaroo jumps (mimicry)

Game 4

Sleeping Giants

Get the participants to move around the space. When you say "Go to sleep giants!" they need to stop where they are, lie on the floor and pretend to sleep by lying very still. Tell them they are dreaming about a certain animal and describe the animal (size/colour/sound) so they can guess what it is. When you say – "WAKE UP SLEEPING GIANTS!!" They are to get up really fast and do the action they were "dreaming" about. Repeat.

▲ Use less hoops to introduce sharing space within the hoop

▼ Visually demonstrate how each animal moves