

BA-BOOM!

READY

EQUIPMENT:

NONE

SET-UP:

PLAYERS FORM A CIRCLE

NUMBER OF PLAYERS: 10+

TIME: 10 MINUTES +



EXPLAIN

- 1 Players form a circle, standing 6 feet apart from one another.
- 2 The leader continuously says, “Ba, ba, ba.” Eventually the leader will say, “Boom!”
- 3 When you hear **BOOM** you can choose to perform one of two actions:
 - **BA-BOOM** - turn to someone on either side of you and clap-point while saying, “Ba-boom.”
 - **DUCK** - squat and hold it.
- 4 There are consequences for every action:
 - If you ba-boom someone whose back is turned to you, then he or she does five jumping jacks.
 - If you ba-boom someone who ba-booms you, then you both do five jumping jacks.
 - If you duck while someone tries to ba-boom you, then the ba-boom passes over your head to the person next to you.
 - If no one ba-booms anyone, then everyone does five jumping jacks!

✓ **For Understanding:**

- What happens if someone ba-booms you in the back?
- What happens if no one ba-booms anyone?

GAME TIP:

- Make sure to practice the commands and actions so that students are set up for success.

CONFLICT RESOLUTION TIP:

- Have students play rock-paper-scissors if there are any disagreements.

CATEGORY:
 BEGINNER

ENVIRONMENT:

AUDITORIUM,
 CAFETERIA,
 CLASSROOM,
 GYMNASIUM,
 HALLWAY,
 LIBRARY,
 PLAYGROUND

GRADES:

3–8

FITNESS FOCUS:



BACK-UP GAMES:

ANIMAL FARM
 HIDING NEMO
 HIGH WIRE

PLAY → REP IT OUT!

- **EASY:** Mix up BOOM with words that rhyme.
- **MEDIUM:** Add SHIELD - players turn to someone on either side of them and put both hands up with their palms facing inward. If a player ba-booms a shield, then nothing happens.
- **HARD:** Add MIRROR - players turn to someone on either side of them and put both hands up with their palms facing outward. If a player ba-booms a mirror, then he or she must ba-boom the opposite way.