

CLAP AND MOVE

READY

EQUIPMENT:

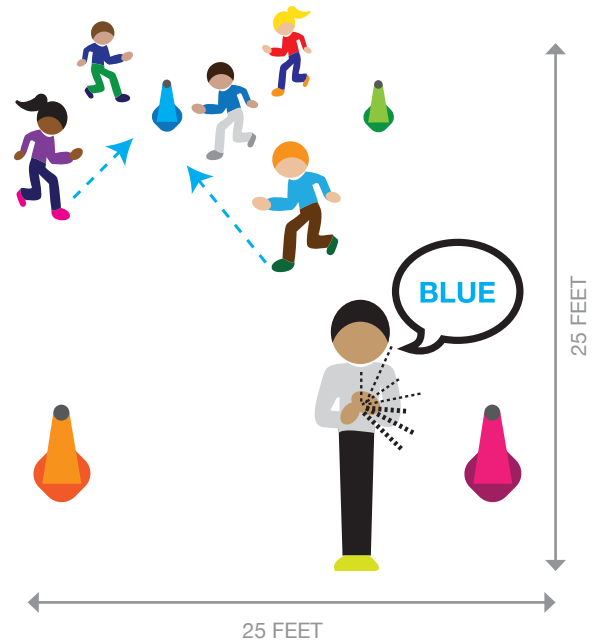
DIFFERENT COLORED CONES

SET-UP:

SQUARE OR RECTANGLE BOUNDARY

NUMBER OF PLAYERS: 10+

TIME: 10 MINUTES +



EXPLAIN

- 1 Players line up and stand 6 feet away from each other.
- 2 The leader will clap three times, then say a color of one of the cones.
- 3 Players run to the cone of the color that the leader says without touching anyone. Only one person can be at a cone at a time.
- 4 The player that gets to the cone last does three toe touches, then rejoins the game.

✓ **For Understanding:**

- How many claps do players listen for?
- Point to the color cones.

GAME TIP:

- Players should always be standing 6 feet away from each other.

CONFLICT RESOLUTION TIP:

- Have players help you lead the game.

CATEGORY:
 BEGINNER

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

GRADES:
 K-3

FITNESS FOCUS:



BACK-UP GAMES:

ANIMAL FARM
 HIDING NEMO
 HIGH WIRE

PLAY → REP IT OUT!

- **EASY:** Dance to the cone.
- **MEDIUM:** Change the number of claps.
- **HARD:** Pick more than one color.