

ZIP-ZAP-ZOOM

READY

EQUIPMENT:

NONE

SET-UP:

PLAYERS FORM A CIRCLE

NUMBER OF PLAYERS: 10-15

TIME: 5 MINUTES +

EXPLAIN

- 1 Form a circle and stand 6 feet away from each other.
- 2 1 student starts the game by clap-pointing and saying 'Zip' to someone on their left.
- 3 That player will clap-point and say, "zap" to a player on his or her right
- 4 Next, that player will clap-point while saying, "zoom" to someone new. Keep the pattern going.
- 5 Restart if the wrong command is said or someone claps in the wrong direction.

✓ For Understanding:

- What comes after 'Zoom?'
- Which way do you turn for 'Zap?'

GAME TIP:

- Do a practice round before starting.

CONFLICT RESOLUTION TIP:

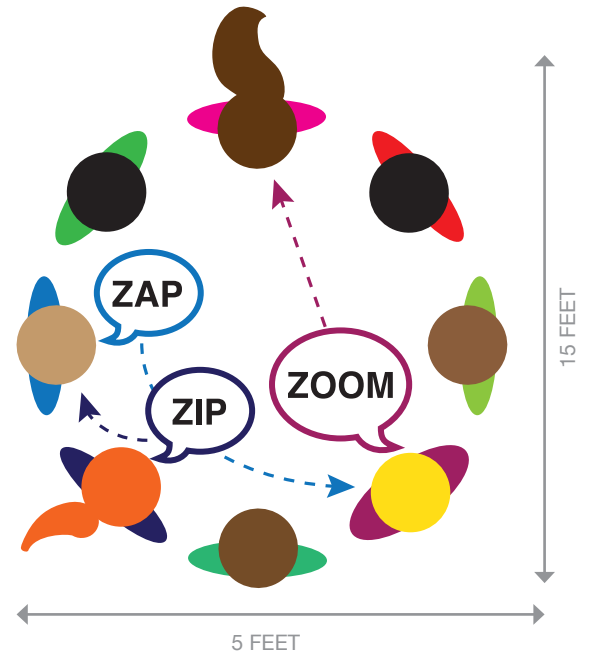
- Make sure players look each other in the eye before passing.

OUTDOOR TIP:

- Add jumping or squatting to the clap-passing movements.

PLAY → REP IT OUT!

- **EASY:** Complete in 30 seconds.
- **MEDIUM:** Add lunges to clap-passing movement.
- **HARD:** Stand on one foot while waiting.



CATEGORY:

CIRCLE

ENVIRONMENT:

HALLWAY,
CLASSROOM,
PLAYGROUND,
CAFETERIA, LIBRARY,
GYM, AUDITORIUM

GRADES:

3-8

FITNESS FOCUS:



BACK-UP GAMES:

AH-SO-CO

ALIEN

COUNTDOWN