

AH-SO-CO

READY

EQUIPMENT:

NONE

SET-UP:

PLAYERS FORM A CIRCLE

NUMBER OF PLAYERS: 10 +

TIME: 10 MINUTES +

EXPLAIN

- 1 Players form a circle and stand 6 feet away from each other.
- 2 One player starts the game by putting one hand across their stomach and says, "ah," to someone on his or her right.
- 3 That player will put one hand over his or her head and say, "so," to someone on his or her right.
- 4 The next player will point to someone across the circle and say, "co."
- 5 If the wrong command is said the circle says, "yahm zing," and that player walks around the circle. The last two players win!

✓ **For Understanding:**

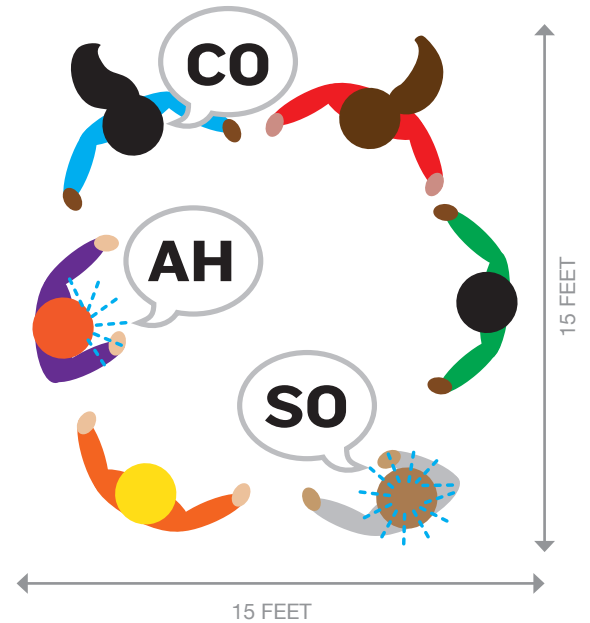
- A player says, "ah." What comes next?
- How do you get out?"

GAME TIP:

- Demonstrate the movements for Ah-So-Co.

CONFLICT RESOLUTION TIP:

- Play rock-paper-scissors from a distance.



CATEGORY:
 CIRCLE

ENVIRONMENT:

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

GRADES:

3-8

FITNESS FOCUS:



BACK-UP GAMES:

ALIEN
 ANIMAL KINGDOM
 ZIP, ZAP, ZOOM

PLAY → REP IT OUT!

- **EASY:** Start at a slow pace.
- **MEDIUM:** Set a time limit.
- **HARD:** Have two people start.