

SHOW ME YOUR MOVES

READY

EQUIPMENT:

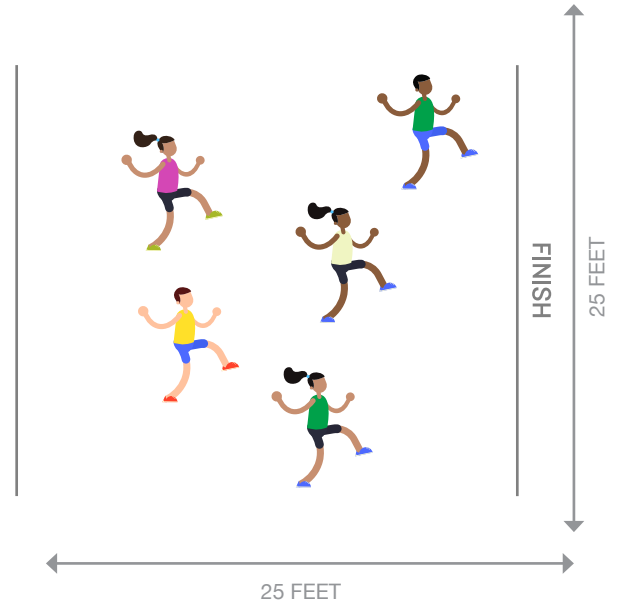
CONES OR TAPE TO MARK START AND FINISH LINE

SET-UP:

PLAYERS FORM A LINE

NUMBER OF PLAYERS: 2+

TIME: 5 MINUTES +



EXPLAIN

- 1 Players line up at the start. Stand 6 feet away from each other.
- 2 Players listen to the leader. Players will demonstrate designated moves.
- 3 The leader will call out a movement (walk, hop, etc), and players will do that movement to the finish line, then back to the starting line. Make sure to stay 6 feet apart!
- 4 Players must be prepared! The leader can change up the movement as you're moving.
- 5 If a player misses a movement, he or shee will do five jumping jacks or 5 seconds of silly dancing!

✓ **For Understanding:**

- Who determines the movements?
- Where is the finish line?

GAME TIP:

- Ask players to show you their moves and use those movements in the game to encourage participation.

CONFLICT RESOLUTION TIP:

- Give everyone an opportunity to choose the movement.

PLAY → REP IT OUT!

- **EASY:** Players listen and watch for the movements.
- **MEDIUM:** Players watch the leader for the movements.
- **HARD:** Players do the movements backward.

CATEGORY:
 BEGINNER

ENVIRONMENT:

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

GRADES:

K-5

FITNESS FOCUS:



BACK-UP GAMES:

SPEEDWAY
 HIGH WIRE