

SUN MOON EARTH

READY

EQUIPMENT:

CONES

SET-UP:

SQUARE OR RECTANGLE BOUNDARY

NUMBER OF PLAYERS: 20 +

TIME: 15 MINUTES +

EXPLAIN

- 1 Line up! Listen for the command that I call out.
- 2 There are 3 cones: Sun, Moon, and Earth.
- 3 When you hear:
 - **SUN**- run to the “sun” area.
 - **MOON**- hop on 2 feet to the “moon” area.
 - **EARTH**- walk to the “earth” area.
- 4 If you make a mistake, do 5 jumping jacks, rejoin the game.

✓ **For Understanding:**

- How do you move to the ‘sun’?
- What happens if you make a mistake?

GAME TIP:

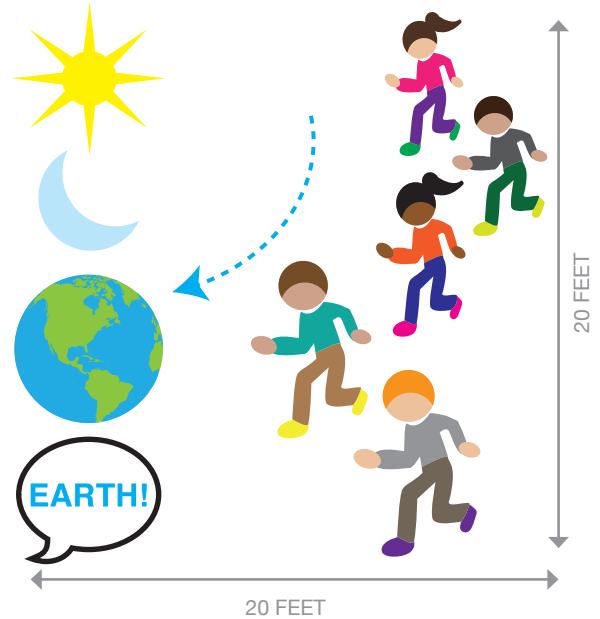
- Practice the commands with players before starting the game.

CONFLICT RESOLUTION TIP:

- If a player makes a mistake give them a high-five.

INDOOR TIP:

- Move at different speeds.



CATEGORY:
 ACTIVE LISTENING

ENVIRONMENT:
 GYMNASIUM
 PLAYGROUND

GRADES:
 K-8

FITNESS FOCUS:
 

BACK-UP GAMES:
 REMOVING COCONUTS
 SHIPWRECK
 SWITCH
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PLAY → REP IT OUT!

- **EASY:** Walk.
- **MEDIUM:** Hop on two feet.
- **HARD:** Run.