

UP, DOWN, STOMP, CLAP

READY

EQUIPMENT:

NONE

SET-UP:

STUDENTS SIT IN THEIR SEATS

NUMBER OF PLAYERS: 10+

TIME: 10+ MINUTES

EXPLAIN

- 1 Everyone, pick a seat. You will do a lot of moving but you will not move from your seats.
- 2 A designated leader gives a series of commands for players to follow. When the leader says:
 - UP, raise your arms up.
 - DOWN, put your arms down
 - STOMP, stomp your feet once.
 - CLAP, clap once.
- 3 Listen very carefully because in the next round gets harder.
- 4 Round 2: UP and DOWN are opposites.
- 5 Round 3: UP and DOWN and STOMP and CLAP are opposites.

✓ For Understanding:

- What do you do when I say 'DOWN' in Round 2?
- Do you move from your seat?

GAME TIP:

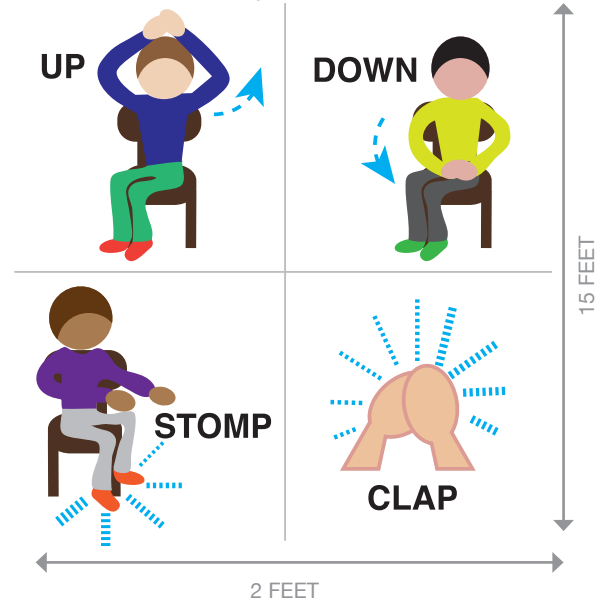
- Make sure the leader does the actions with the players for Round 1 so everyone understands.

CONFLICT RESOLUTION TIP:

- Have the students do four arm circles if a mistake is made and then quickly rejoin the game.

OUTDOOR TIP:

- Use WALK and STOP instead of UP and DOWN to increase movement.



CATEGORY:

ACTIVE LISTENING

ENVIRONMENT:

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

GRADES:

K-8

FITNESS FOCUS:



BACK-UP GAMES:

BALL PASS

TEMPLE RUNNER

PLAY → REP IT OUT!

- **EASY:** Only use Round 1.
- **MEDIUM:** Only use Round 1 and 2.
- **HARD:** A Use Round 3 and add different movements into the series of commands.