

## Pay Attention

**Equipment:** None

**Starting Position:** Students are standing by their desks.

- Assign one of four colours or animals to each child. (Or use groups you may already have.)
- Call out a colour (or group name) and an activity for that group to do. When all the class are active call out a new activity for each group to do and keep changing them.
- The children have to exercise quietly so they can hear the new instructions for their group.

Chose any activities from the other cards eg. run in place, hop, arm circles, pretend you are swimming, jumping jacks, touch your toes, shake your body like a wet dog etc.

## Simon Says

**Equipment:** None

**Starting Position:** Standing with room to move.

- When all the children know how to play this, designate one child to be 'Simon'.
- 'Simon' calls out activities for all the children to do (including Simon)
- The children should only do an activity that is preceded by "Simon says.."
- When 'Simon' calls out an activity without saying "Simon says.." beforehand the children should not do it. The children who do that exercise are eliminated and must sit down.

The teacher should not let more than half the class be eliminated before selecting a new Simon and starting again with everybody in the game. Simon should be encouraged to chose energetic activities.

## Finger Fencing

**Equipment:** None

**Starting Position:** Have the class find partners and face each other

- It is important to start and stop the players on signal. This activity should not continue for more than 10 seconds. The bout is a draw if no one has lost their balance in the time allotment.
- Partners face each other and stand on one foot.
- On signal, they hook index fingers (right hands) and try to push or pull their partner off balance.
- If one of the partners loses their balance and touches the floor with their non-weight supporting foot, the other partner wins.
- If both partners touch the floor (they both lost their balance), there is no score.
- Repeat using the left hand and change partners.

## Under Over

**Equipment:** One ball per team.

**Starting Position:** Students are in teams of four or five. They stand in a line facing the same way with space between them.

- The student at the front has a balloon (or ball) in his/her hands.
- When the teacher says go, the first child passes the balloon through his or her legs to the next child.
- This child passes the balloon over his or her head and the next one passes through the legs in an under/over sequence to the back of the line.
- When the child at the back gets the balloon he or she runs to the front of the line (on the right side) and all the other children take one step back.
- The child who is now at the front passes the balloon through the legs and the sequence continues until the child who started at the front is at the front again.
- When the relay is finished the front child holds the balloon above his or head and all the other children in that team hold their hands above their heads to show that they have finished.