

# BA-BOOM!

## READY

**EQUIPMENT:**

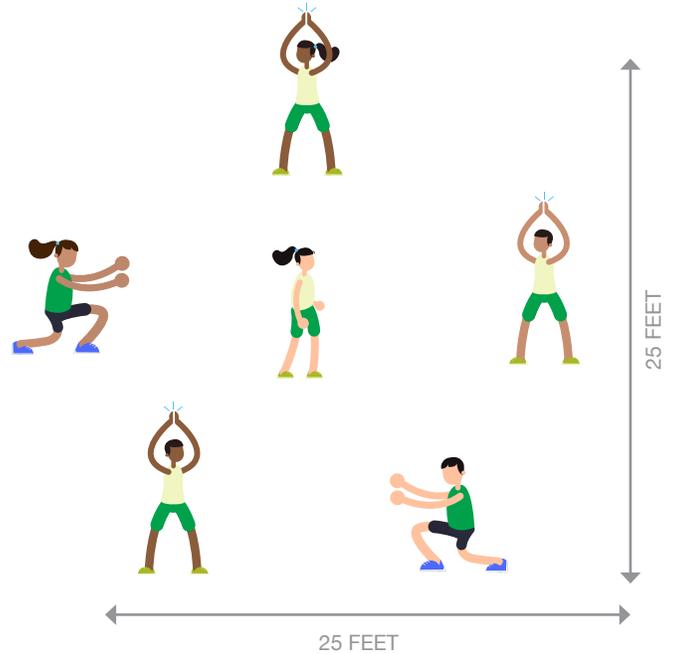
NONE

**SET-UP:**

PLAYERS FORM A CIRCLE

**NUMBER OF PLAYERS:** 10+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players form a circle, standing 6 feet apart from one another.
- 2 The leader continuously says, “Ba, ba, ba.” Eventually the leader will say, “Boom!”
- 3 When you hear **BOOM** you can choose to perform one of two actions:
  - **BA-BOOM** - turn to someone on either side of you and clap-point while saying, “Ba-boom.”
  - **DUCK** - squat and hold it.
- 4 There are consequences for every action:
  - If you ba-boom someone whose back is turned to you, then he or she does five jumping jacks.
  - If you ba-boom someone who ba-booms you, then you both do five jumping jacks.
  - If you duck while someone tries to ba-boom you, then the ba-boom passes over your head to the person next to you.
  - If no one ba-booms anyone, then everyone does five jumping jacks!

✓ **For Understanding:**

- What happens if someone ba-booms you in the back?
- What happens if no one ba-booms anyone?

**GAME TIP:**

- Make sure to practice the commands and actions so that students are set up for success.

**CONFLICT RESOLUTION TIP:**

- Have students play rock-paper-scissors if there are any disagreements.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**

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

**GRADES:**

3–8

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Mix up BOOM with words that rhyme.
- **MEDIUM:** Add SHIELD - players turn to someone on either side of them and put both hands up with their palms facing inward. If a player ba-booms a shield, then nothing happens.
- **HARD:** Add MIRROR - players turn to someone on either side of them and put both hands up with their palms facing outward. If a player ba-booms a mirror, then he or she must ba-boom the opposite way.