

COUNTDOWN

READY

EQUIPMENT:

NONE

SET-UP:

PLAYERS FORM A CIRCLE

NUMBER OF PLAYERS: 10+

TIME: 10 MINUTES +

EXPLAIN

- 1 Form a circle, standing 6 feet away from one another. The goal is to count down from 15 to 1.
- 2 The leader will start the countdown. Another player will say the next lowest number.
- 3 Each player can only say one number in the countdown. There is no order regarding who should say the next number.
- 4 If two players say a number at the same time, the group must do 10 jumping jacks, and the game will start over.

✓ **For Understanding:**

- What happens when two people say the same number at the same time?
- How many times can you say a number?

GAME TIP:

- No pointing or gesturing allowed.

CONFLICT RESOLUTION TIP:

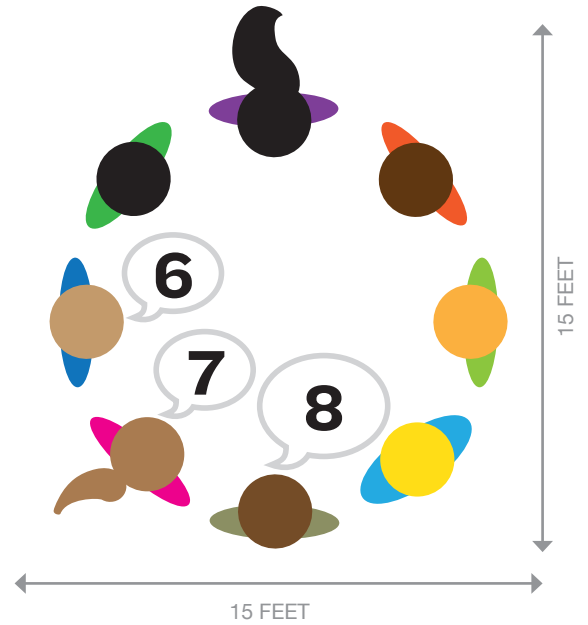
- Select a person to start the countdown.

OUTDOOR TIP:

- Create 2 or 3 smaller games.

PLAY → REP IT OUT!

- **EASY:** Start with 5 to 1
- **MEDIUM:** Set time restrictions on the round.
- **HARD:** Players close their eyes during the countdown.



CATEGORY:

CIRCLE

ENVIRONMENT:

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

GRADES:

3–8

FITNESS FOCUS:



BACK-UP GAMES:

MEMORY BALL
 NAME AND MOTION
 RING BLING