

HIT RECORD

READY

EQUIPMENT:

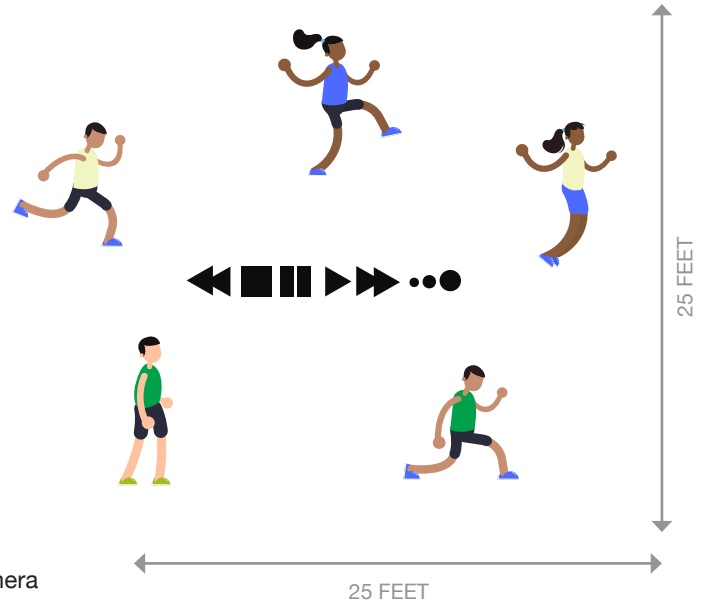
CONES OR TAPE

SET-UP:

PLAYERS SPREAD OUT

NUMBER OF PLAYERS: 10+

TIME: 10 MINUTES +



EXPLAIN

- 1 Players spread out standing 6 feet away from each other.
- 2 The leader calls out controls that you would find on a video camera (play, stop, rewind, fast forward).
- 3 Each control has a related activity that players have to perform.
 - Play – walk around
 - Rewind – walk backward
 - Pause – jump
 - Fast forward – run
 - Stop – freeze
 - Slow-motion – slow movement
- 4 If a player messes up, he or she does five jumping jacks, then rejoins the game.

✓ **For Understanding:**

- When the leader says, “play,” what do you do?
- When the leader says, “pause,” what do you do?

GAME TIP:

- Demonstrate for players.

CONFLICT RESOLUTION TIP:

- Have players help you lead the game.

CATEGORY:
 BEGINNER

ENVIRONMENT:
 AUDITORIUM,
 CAFETERIA,
 GYMNASIUM,
 HALLWAY,
 PLAYGROUND

GRADES:
 K-5

FITNESS FOCUS:



BACK-UP GAMES:
 ANIMAL FARM
 HIDING NEMO
 HIGH WIRE

PLAY → REP IT OUT!

- **EASY:** Play and stop
- **MEDIUM:** Pause and rewind
- **HARD:** Fast forward and slow motion