

SLOW MOTIONS

READY

EQUIPMENT:

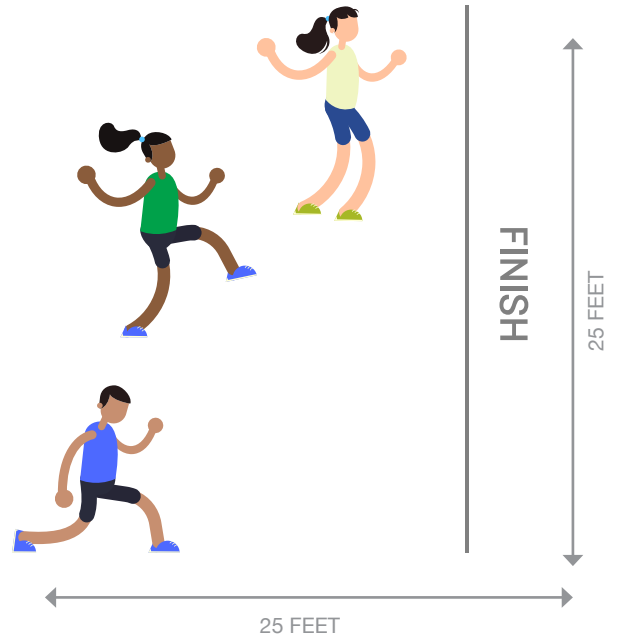
CONES

SET-UP:

PLAYERS LINE UP

NUMBER OF PLAYERS: 5+

TIME: 10 MINUTES +



EXPLAIN

- 1 Players line up standing 6 feet away from each other. Players are all going to be racing one another...slowly!
- 2 Each player stands on the starting line! The finish line is the opposite end of the play space.
- 3 The leader will be the starter and the judge. He or she will give players a motion to do, and players will attempt to do it as slowly as possible while moving to the finish line.
- 4 Players keep moving but not too quickly! If a player moves too quickly for the judge, stops moving, or loses balance, he or she will be asked to freeze and do an activity in place for 5 seconds.
- 5 The first player to cross the finish line is the winner! .

✓ **For Understanding:**

- Who is the judge?
- What happens if a player moves too quickly, stops moving, or loses balance?

GAME TIP:

- Mix up the movements to keep the game fresh and to help players exercise different muscles in their bodies.

CONFLICT RESOLUTION TIP:

- Have only one judge and make sure he or she remains consistent.

PLAY → REP IT OUT!

- **EASY:** Players run in slow motion.
- **MEDIUM:** Players skip in slow motion.
- **HARD:** Players lunge in slow motion. The last player to cross the finish line wins!

CATEGORY:
BEGINNER

ENVIRONMENT:

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

GRADES:

3-8

FITNESS FOCUS:



BACK-UP GAMES:

ANIMAL FARM
 HIDING NEMO
 HIGH WIRE