

WAIT A MINUTE

READY

EQUIPMENT:

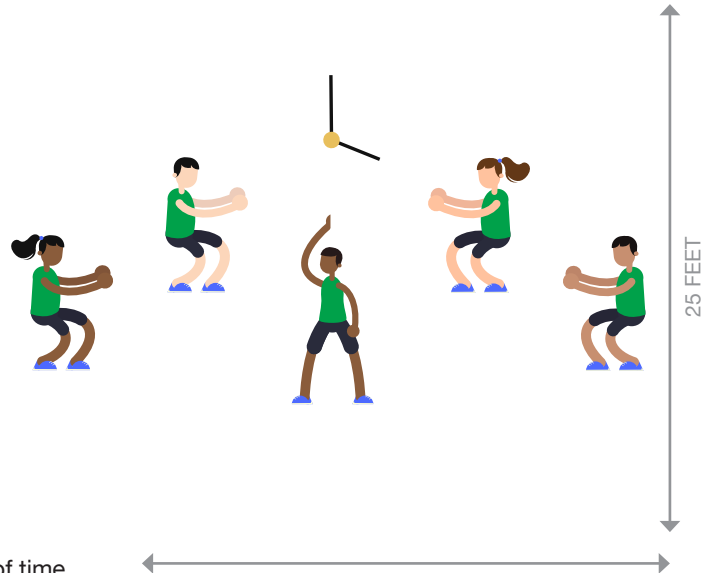
NONE

SET-UP:

PLAYERS FORM A LINE

NUMBER OF PLAYERS: 5+

TIME: 10 MINUTES +



EXPLAIN

- 1 Players line up standing 6 feet apart from one another.
- 2 The leader is the timekeeper. The timekeeper will say a length of time, and players will need to raise their hands when they think that amount of time has passed. Example: Raise your hand when you think one minute has passed.
- 3 The round ends once all players have raised their hands.
- 4 The person who raised his or her hand closest to the designated length of time wins. All other players will do 10 squats.

✓ **For Understanding:**

- When do players raise their hands?
- What do the players do who are not closest to the designated length of time?

GAME TIP:

- Keep the length of time within two minutes to keep the game engaging.

CONFLICT RESOLUTION TIP:

- Play rock-paper-scissors if there is a tie.

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:** Players must close their eyes.
- **MEDIUM:** Players must run in place.
- **HARD:** Attempt to distract students (noises, etc.).