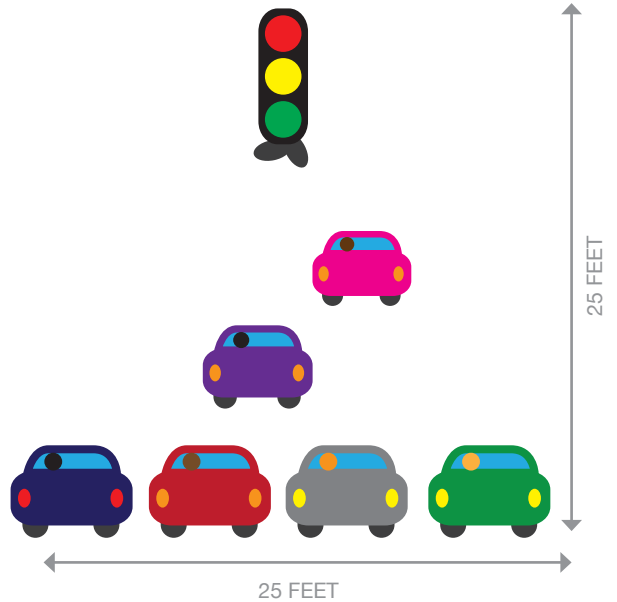


RED LIGHT- GREEN LIGHT



READY

EQUIPMENT:

NONE

SET-UP:

PLAYERS FORM A LINE

NUMBER OF PLAYERS: 15+

TIME: 10 MINUTES +

EXPLAIN

- 1 Line up at the starting line! I am the “traffic light” and you are the “cars”.
- 2 When I turn around and say Green Light, you can move towards me.
- 3 When I turn back around and say Red Light, you must freeze.
- 4 If you are caught moving during a Red Light, return to the starting line.
- 5 If you tag the “traffic light”, then you become the new “traffic light”.

✓ For Understanding:

- On which light can you move?
- Point to the starting and finish lines.

GAME TIP:

- Instead of going back to the starting line, have the player do an exercise and rejoin the game.

CONFLICT RESOLUTION TIP:

- Do not feed into any player arguments if they are caught moving during a red light. “You get what you get and you don’t get upset.”

INDOOR TIP:

- Have players tip-toe to lower the noise.

CATEGORY:

ACTIVE LISTENING

ENVIRONMENT:

GYMNASIUM

HALLWAY

PLAYGROUND

GRADES:

K-5

FITNESS FOCUS:



BACK-UP GAMES:

COMMUNITY

HUNGRY WOLF

LION'S DEN

PLAY → REP IT OUT!

- **EASY:** Walk or side shuffle.
- **MEDIUM:** Freeze for 10 seconds.
- **HARD:** Freeze on 1 foot.