

# TWIZZLE

## READY

**EQUIPMENT:**

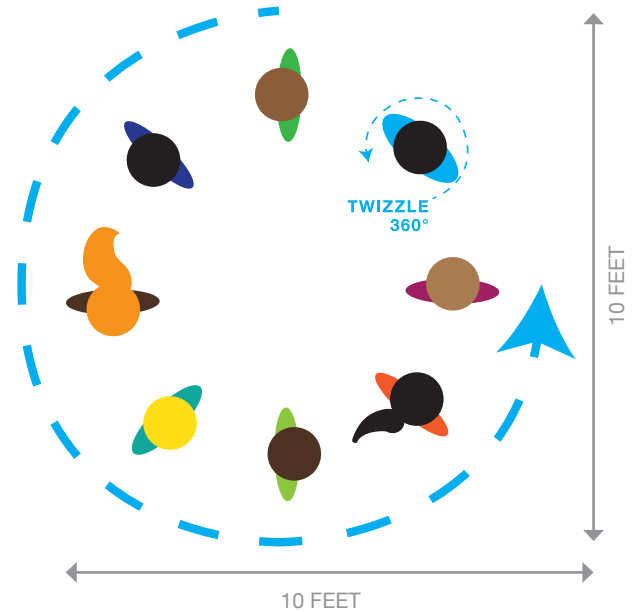
NONE

**SET-UP:**

STUDENTS FORM A CIRCLE AND STAND 6 FEET AWAY FROM EACH OTHER.

**NUMBER OF STUDENTS:** 8+

**TIME:** 15 MINUTES +



## EXPLAIN

- 1 Form a circle and stand 6 feet away from each other. Listen for the commands.
- 2 When you hear:
  - 'Go' - walk in the direction you are facing
  - 'Stop' - freeze
  - 'Turn' - do a half turn (180 degrees) and freeze
  - 'Twizzle' - do a full jump (360 degrees) and freeze
- 3 If you make a mistake, do five jumping jacks, and rejoin the game.

✓ **For Understanding:**

- What do you do for a 'turn'?
- What do you do for 'twizzle'?

**GAME TIP:**

- Practice the commands with students before starting the game.

**CONFLICT RESOLUTION TIP:**

- If a student makes a mistake give them a wi-fi (wireless high five or air five)

**INDOOR TIP:**

- Have students jog slowly in a circle.

**CATEGORY:**  
 CIRCLE

**ENVIRONMENT:**

AUDITORIUM  
 CLASSROOM  
 HALLWAY  
 GYMNASIUM  
 PLAYGROUND

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

CELEBRITY TAG  
 FRUIT SALAD  
 SWITCH, CHANGE, ROTATE

## PLAY → REP IT OUT!

- **EASY:** Walk in a circle
- **MEDIUM:** Side shuffle in a circle
- **HARD:** Hop on one foot in a circle