READY

EQUIPMENT: NONE
SET-UP: STUDENTS SIT IN THEIR SEATS
NUMBER OF PLAYERS: 10 +
TIME: 10+ MINUTES

EXPLAIN

1. Everyone, pick a seat. You will do a lot of moving but you will not move from your seats.
2. A designated leader gives a series of commands for players to follow. When the leader says:
   - UP, raise your arms up.
   - DOWN, put your arms down
   - STOMP, stomp your feet once.
   - CLAP, clap once.
3. Listen very carefully because in the next round gets harder.
4. Round 2: UP and DOWN are opposites.
5. Round 3: UP and DOWN and STOMP and CLAP are opposites.

✓ For Understanding:
   - What do you do when I say ‘DOWN’ in Round 2?
   - Do you move from your seat?

GAME TIP:
- Make sure the leader does the actions with the players for Round 1 so everyone understands.

CONFLICT RESOLUTION TIP:
- Have the students do four arm circles if a mistake is made and then quickly rejoin the game.

OUTDOOR TIP:
- Use WALK and STOP instead of UP and DOWN to increase movement.

PLAY → REP IT OUT!

- EASY: Only use Round 1.
- MEDIUM: Only use Round 1 and 2.
- HARD: A Use Round 3 and add different movements into the series of commands.

CATEGORY: ACTIVE LISTENING
ENVIRONMENT: AUDITORIUM, CAFETERIA, CLASSROOM, HALLWAY, GYMNASIUM, LIBRARY, PLAYGROUND
GRades: K–8

FITNESS FOCUS:

BACK-UP GAMES:
BALL PASS
TEMPElE RUNNER

asphaltgreen.org/REP