

SHOW ME YOUR MOVES

Show Me Your Moves is a game that gets kids physically active and tests their listening skills. Children love this Recess Enhancement Program (REP) game.

SHOW ME YOUR MOVES

Who: Grades K-5

Players: 2+

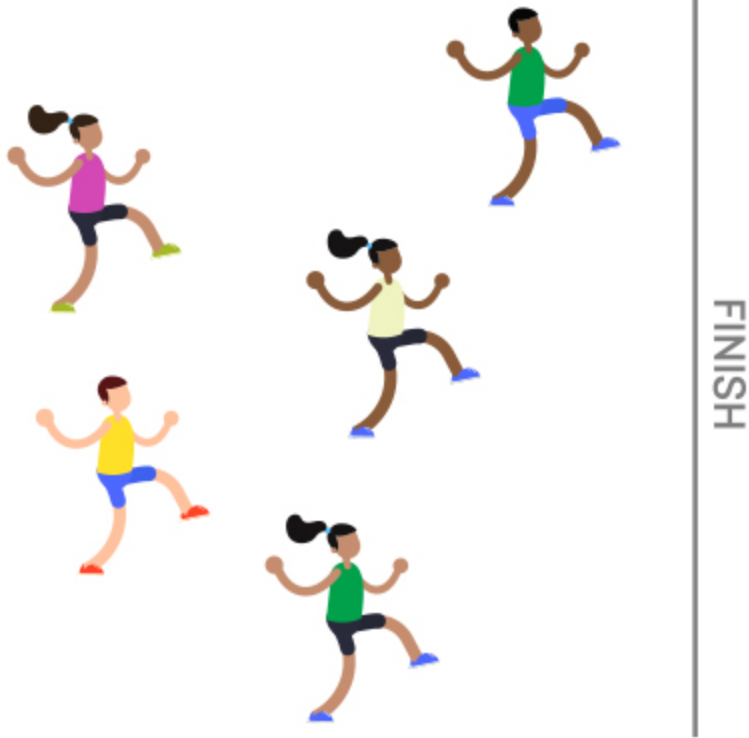
Time: 5 minutes+

Where: Auditorium, cafeteria, gymnasium, hallway, playground

Equipment: Cones or tape to mark start line and finish line

HOW TO PLAY

- Players line up at the start. Stand 6 feet away from each other.
- Players listen to the leader. Players will demonstrate designated moves.
- The leader will call out a movement (walk, hop, etc), and players will do that movement to the finish line, then back to the starting line. Make sure to stay 6 feet apart!
- Players must be prepared! The leader can change up the movement as you're moving.
- If a player misses a movement, he or she will do five jumping jacks or 5 seconds of silly dancing!



CHECK FOR UNDERSTANDING

- Who determines the movements?
- Where is the finish line?

GAME TIP

- Ask players to show you their moves and use those movements in the game to encourage participation.

CONFLICT RESOLUTION TIP

- Give everyone an opportunity to choose the movement.

PLAY: REP IT OUT

Easy: Players listen and watch for the movements.

Medium: Players watch the leader for the movements.

Hard: Players do the movements backward.