



UP, DOWN, STOMP, CLAP

Keep active inside by playing an indoor Recess Enhancement Program (REP) game! All it takes to play Up, Down, Stomp, Clap is a willingness to join the fun!

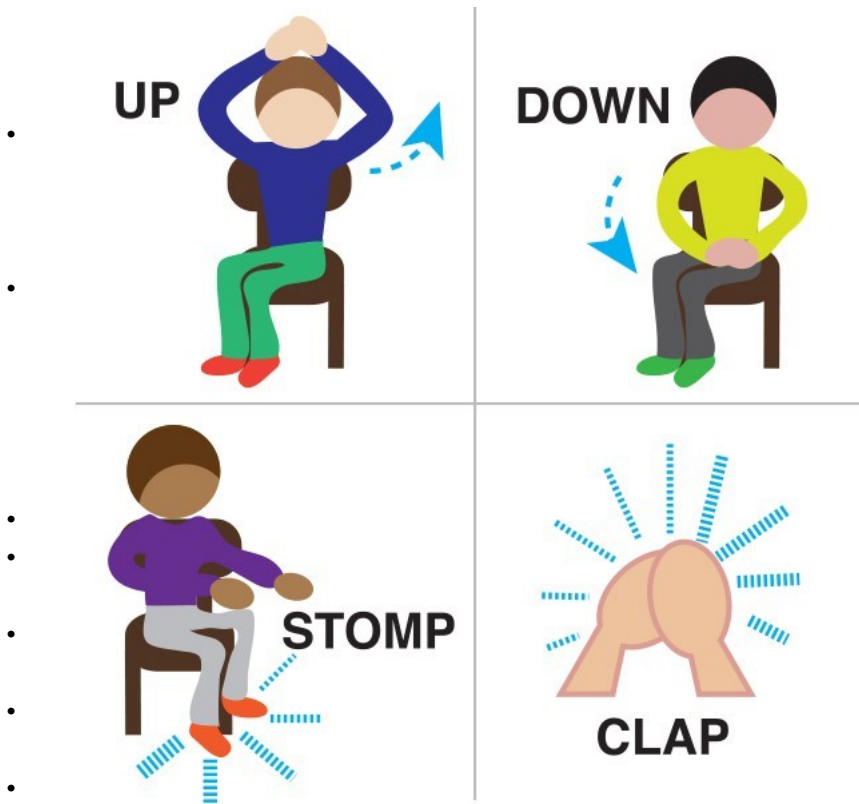
Who: Grades K-8

Players: 10+

Time: 10+ minutes

Where: Auditorium, cafeteria, classroom, gymnasium, hallway, library, playground

Equipment: None



HOW TO PLAY:

Everyone, pick a seat. You will do a lot of moving but you will not move from your seats. 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.

Listen very carefully because in the next

- round gets harder.
- Round 2: UP and DOWN are opposites.
- Round 3: UP and DOWN and STOMP and CLAP are opposites.

GAME TIP:

Make sure the leader does the actions with the players for Round 1 so everyone understands.

CHECK FOR UNDERSTANDING

- What do you do when the facilitator says "down" in round 2?
- What do you do when you make a mistake?

CONFLICT RESOLUTION TIP:

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

REP IT OUT!

EASY: Only use Round 1.

MEDIUM: Only use Round 1 and 2.

HARD: Use round 3 and add different movements into the series of commands.