

Reaction Time

Warm Up Activity

Equipment

10 BALLS

Instructions

SPLIT THE CLASS INTO TEAMS OF THREE PLAYERS EACH. PLACE A BALL IN THE MIDDLE OF EACH GROUP. THE STUDENTS MUST FOLLOW YOUR COMMANDS, IN A STYLE SIMILAR TO 'SIMON SAYS'. CALL OUT COMMANDS TO THE CLASS, SUCH AS "TOUCH YOUR HEAD" OR "HOP ON ONE FOOT". WHEN THE TEACHER SAYS "GRAB THE BALL", THE STUDENTS MUST TRY TO BE THE FIRST TO GRAB THE BALL IN THE CENTRE OF THEIR CIRCLE. THE FIRST STUDENT TO GRAB THE BALL WINS THE GAME.



BreakAppz



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