

THE OBJECT GAME

WARM UP ACTIVITY



INSTRUCTIONS

THIS GAME CAN BE PLAYED INSIDE OR OUTSIDE. START WITH THE STUDENTS SPREAD OUT AND MOVING AROUND. THEN THE TEACHER YELLS OUT THE NAME OF AN OBJECT IN THE ROOM; FOR EXAMPLE, SOMETHING RED, A GOAL POST, GROUPS OF FOUR STUDENTS, 20 FINGERS TOGETHER AND SO ON. THE STUDENTS THEN HAVE TO RUN OVER TO THAT OBJECT OR GROUP, AND PERFORM A SKILL SUCH AS PUSH-UPS, SIT-UPS, STAR JUMPS, SQUATS AND SO ON. THE STUDENTS WILL ENJOY THE CHALLENGING OBJECTS AND FORMING THE GROUPS, AS WELL AS WARMING UP WITH FUN MOVEMENTS.



BreakAppz



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