

Stop, go, jump, clap!

 10 minutes  2+

This is a very energetic game that will get your students warmed up and listening to directions, perfect to play as a warm up.

- Ask students to walk around using all the space.
- Explain that you are going to call out some instructions that they should follow.
- First begin with instructions 'Stop!' and 'Go!' and practise these a few times. Then progress onto 'Jump!' and then 'Clap!'. Practise all four instructions a few times.
- Then explain that this time the instructions will be reversed: 'So, when I say 'Stop!', I actually mean 'Go!' and when I say 'Clap!' I actually mean 'Jump!'.' And vice versa).
- Resume the game by starting with 'Go!'. This usually catches some people out straight away, but you can allow that as a practice.
- Continue calling out instructions, attempting to eliminate people by including combinations of instructions, for example 'Stop, go, clap, clap, jump, jump!' and quickening the pace.

