



Everybody

Using the rules of 'Simon says', call out commands for players to perform various fundamental movement skills and movement patterns.

What to do

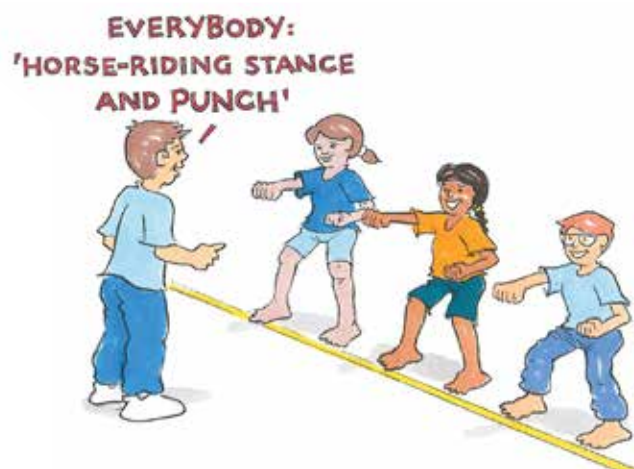
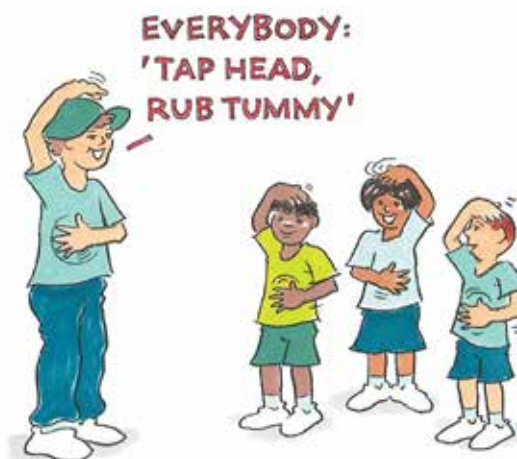
- > Ask players to demonstrate various fundamental movement skills or movement patterns (e.g. hop on one foot, skip, or tap their head and rub their tummy).
- > Players should only follow your instructions when you say 'Everybody'.
- > Mix up the calls and the speed of the calls.
- > Do not eliminate players.

Change it

- > Vary the movement requirements according to player ability or mobility.
- > Add equipment, such as balls, hoops or skipping ropes.
- > Introduce music and dance patterns.
- > Incorporate movements for dynamic flexibility, such as leg swings, lunge walks.
- > Try using equipment with some of the movements.

Safety

- > Make sure the playing area is free of obstructions.
- > Make sure there is enough space between players to safely perform the activity.



Ask the players

- > What can you do to manage your emotions in this game (e.g. focus internally/point on the wall, not look at other players etc.)?
- > How can we make this activity more active?
- > How can we alter the activity to make sure everyone is involved?
- > What challenges could you set if you were Simon/coach?

Teaching Tips

- > Ensure that players are using correct techniques for each of the movement skills that are nominated.

LEARNING INTENTION

This activity develops movement skills, stability and balance and can also be used to practise coordination activities. It is a good warm-up activity or energiser.

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS FLEXIBILITY

SELF-REGULATION (EMOTIONS) COORDINATION

RULES

AC:HPE CONTENT DESCRIPTIONS

ACPMPO14
ACPMPO32
ACPMPO50