

Simon Says

- Remind children about the rules of 'Simon Says'.
- They should only do the action if 'Simon Says' is said before the instruction.
- They should not do the action if 'Simon Says' is not said.
- Give children a range of aerobic and stretching activities to warm their bodies and muscles up.
- Alternate between 'Simon says...' followed by the action, and just shouting an action.
- Some actions you could use are:

Jog on the spot.

Run around the room, changing directions.

Skip around the room.

Touch your toes, keeping legs straight.

Five tuck jumps on the spot.

- You could ask a child to be Simon and allow them to give out the instructions.



Jog on the spot



Lift knees high



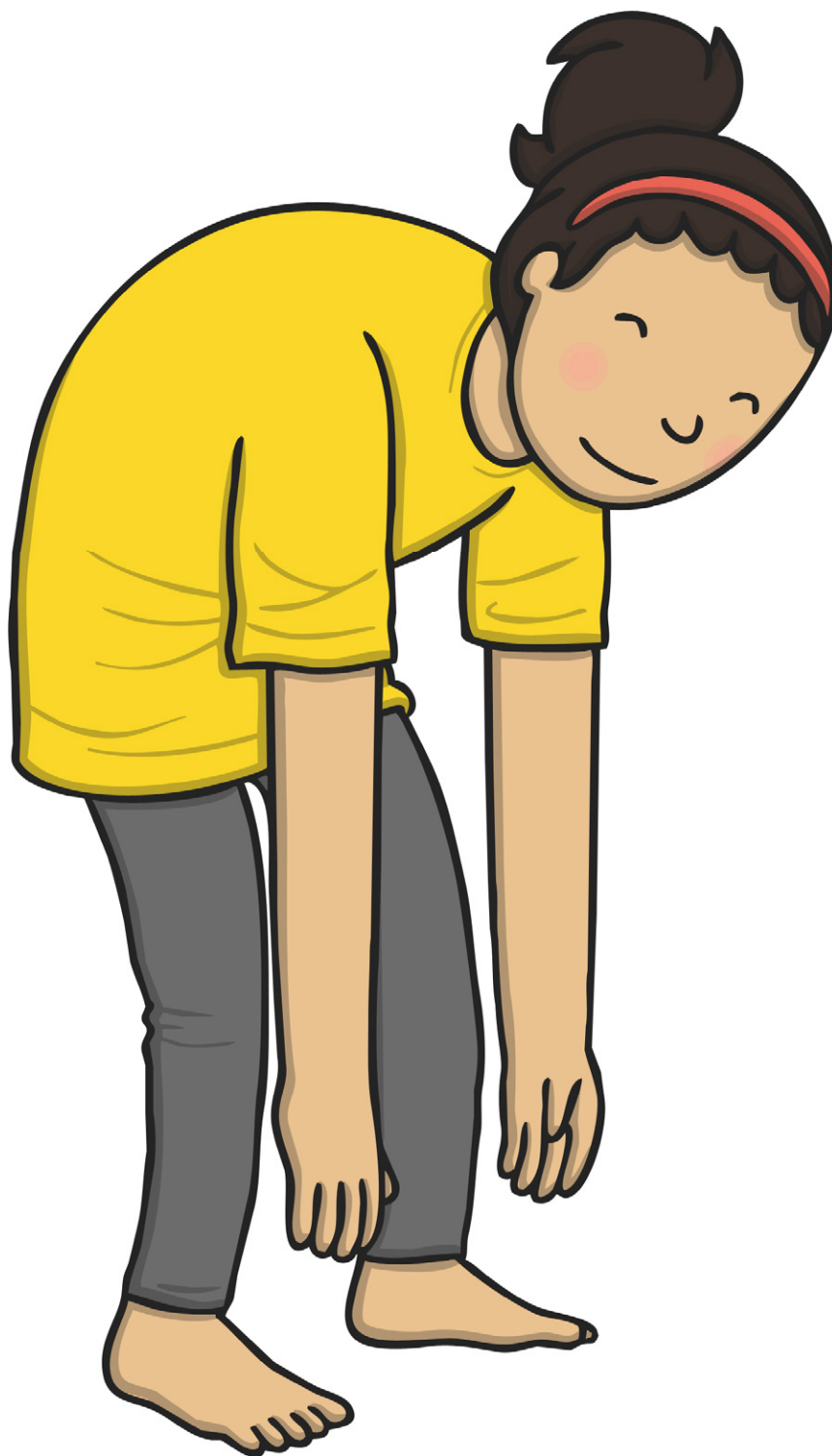
Run



Skip



Touch your toes



Five jumps on the spot

