

## 10. Rocket Launch

### Description

Arrange pupils on their own spot marker in multiple circles. Invite one pupil in each group to take the role of the group captain. Invite this pupil to count how many people, in total, are in the group (10). Standing in the circle, the captain sits on their spot and calls out the starting number (10), which is the exact number of people in the group. Anyone in the group can sit on their spot and call the next number (9) and so on to number one. However if two pupils sit on their spot at the same time the countdown has to begin again. When the number one is reached, all pupils raise their arms and collectively shout "we have lift off". Invite the group captain to choose another pupil to take the role of the new group captain.

### Equipment

- Spot Markers

### Variations

- Arrange pupils in smaller groups of 5 pupils.
- Invite pupils to perform the T-balance while they are standing in the circle.

