

12. Run on the Spot

Description

Arrange pupils on their own spot marker in a large circle. The emphasis of this game is on short bursts of vigorous activity. Invite one pupil to act as the caller who chooses the activity that all pupils should perform. These activities should only last about 15 seconds.



Equipment

- Spot Markers

Variations

- Begin this activity as a whole group where the teacher acts as the caller before arranging pupils in multiple circles.
- Invite pupils to introduce a variety of movements such as fast jogging, high knees, heel flicks, swinging arms, jumping, star jumps, skipping on the spot, clapping hands and crazy dancing.