

18. Up, Down, Stomp, Clap

Description

Arrange pupils on their own spot marker in a large circle. Teacher explains the simple commands:

- **Up** - raise your arms up
- **Down** - put your arms down
- **Stomp** - stomp your feet once
- **Clap** - clap once.



Teacher assumes the role of leader and invites the pupils to practise the instructions. When the pupils have become familiar with the instructions begin the activity. Invite one pupil to act as the leader calling out a series of commands for pupils to follow.

Round 1: All instructions remain as is.

Round 2: 'Up' and 'Down' become opposites.

Equipment

- Spot Markers

Variations

- Challenge pupils by including 'Stomp and Clap' as opposites.
- Practice round 1 of them game several times until pu-pils become familiar with