

21 Reasons to Smile

PLAY

To engage players in a fun, movement-based game that involves strategy, laughter, and physical activity. The goal is to cleverly count squats to avoid being the one who ends up saying "21."



Learning Intentions

Enhancing Strategic Thinking

Students will develop their strategic thinking skills by planning their squat counts to avoid being the player who says "21," encouraging careful consideration of their actions.

Promoting Physical Activity and Fitness

Students will engage in physical exercise through squats, improving their strength, endurance, and overall fitness in a fun and interactive way.

Fostering Positive Social Interaction and Laughter

Students will participate in a lively and humorous game that promotes positive social interaction, teamwork, and enjoyment, contributing to a fun and inclusive atmosphere.



Success Criteria

Effective Strategic Play

Students successfully apply strategies during the game, choosing their squat counts wisely to avoid saying "21" and demonstrating their understanding of the game's strategic elements.

Active Participation in Physical Challenges

Students actively participate in the game by performing the required squats with enthusiasm and effort, showing engagement in the physical aspects of the activity.

Positive Interaction and Enjoyment

Students interact positively with their partners and peers, contributing to a fun and energetic environment and displaying good sportsmanship throughout the game.



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Objective:

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Players:

Suitable for any number of players, ideal for pairs. Works well in large groups by having multiple pairs play simultaneously.

Materials:

No materials are needed, just enough space for participants to move and perform squats.

Setup:

Participants find a partner and stand facing each other in pairs.

Gameplay:

- **Squat Counting:** The game starts with the first player doing one, two, or three squats while counting out loud.
- The next player continues counting from where the first player stopped, also doing one to three squats.
- Players alternate turns, each choosing to do one, two, or three squats and continuing the count.
- **Objective:** The aim is to strategically count so that you end your turn on 20, forcing your opponent to say "21" and lose the round.
- **Penalties and Points:**
 - The player who ends up saying "21" performs a set penalty (like a short run or additional squats).
 - The winning player earns a point.
- After each round, players find new partners and start again.
- **Game Duration:** The game is played for a set time (e.g., five minutes), after which the player or players with the most points win.



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Winning the Game:

The player with the most points at the end of the playing time is the winner.

Variations for Different Settings:

- **Children's Edition:** Make it playful with simpler movements like jumping jacks or hops.
- **Fitness Edition:** Vary the movements with sit-ups, burpees, or star jumps to suit different fitness levels.
- **Educational Edition:** Incorporate learning elements, like counting in a foreign language or using maths problems to determine the number of squats.

Additional Notes:

- Encourage a lively and humorous atmosphere to enhance enjoyment and participation.
- The game can easily be adapted to different fitness levels and ages, making it a versatile activity for various groups.
- It's an excellent way to incorporate movement, strategy, and social interaction in a fun and engaging way, ideal for starting or wrapping up sessions.

