

Jump Spin Shot

PLAY

A dynamic and engaging warm-up icebreaker activity that combines physical movement with quick mental maths. The goal is to quickly calculate the product of numbers both players show after a jump and spin.



Learning Intentions

Enhance Mental Agility and Math Skills:

Students will develop their quick mental maths skills by rapidly calculating the product of numbers shown during the game, promoting mental agility.

Promote Physical Activity and Coordination:

Students will engage in a fun and energetic warm-up activity that involves coordinated movements such as jumping, spinning, and using their bodies for quick maths-based reactions.

Foster Friendly Competition and Teamwork:

Students will practice good sportsmanship and cooperation while participating in a fast-paced, competitive game that encourages teamwork, communication, and friendly competition.



Success Criteria

Accurate Maths Calculation:

Students demonstrate the ability to quickly and accurately calculate the product of the numbers shown by both players during the jump and spin sequence.

Active Participation in Movement:

Students actively participate in the physical aspect of the game, completing the jump and spin movements safely and enthusiastically, contributing to a lively and engaging atmosphere.

Positive Engagement in the Game:

Students show sportsmanship and cooperation by encouraging their peers, participating in the game with a positive attitude, and adapting to the fitness or team-building variations of the game when applicable.

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Objective:

A dynamic and engaging warm-up icebreaker activity that combines physical movement with quick mental maths. The goal is to quickly calculate the product of numbers both players show after a jump and spin.

Players:

Played in pairs, suitable for any group size by having multiple pairs participate simultaneously.

Materials:

No materials are needed, just enough space for participants to safely jump and spin.

Setup:

Pairs of participants stand back-to-back, ready for the jump and spin sequence.

Gameplay:

- **Jump and Spin:** Participants count down from three. On “one,” both players jump, completing a 180-degree turn, shouting “jump” and “spin” during the action.
- **Number Showdown:** Upon landing, each player shouts “shot” and simultaneously extends one hand with one to five fingers showing.
- **Calculation and Scoring:** The first player to correctly multiply the total number of fingers shown by both players wins the round and earns a point.
- **Example:** If one player shows three fingers and the other five, the correct answer is 15.
- **Game Duration:** Set a time limit, and the player with the most points at the end is crowned the champion.



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Options for Play:

1. **Points System:** Play for points, with the winner of each round earning one point.
2. **Fitness Challenge:** The winner of each round earns a point and holds a static position (like a plank, squat, or wall sit), while the loser performs a short run (20-50 metres). This adds a fitness element to the game.

Winning the Game:

The player with the highest score at the end of the set time is declared the winner.

Variations for Different Settings:

- **Children's Edition:** Simplify the maths element or add fun actions.
- **Fitness Edition:** Intensify the physical challenge, increasing the run's distance or the static hold's difficulty.
- **Team-Building Edition:** Foster teamwork by having pairs work together to quickly come up with the answer.

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Additional Notes:

- This game energises a group and breaks the ice with laughter and movement.
- It combines physical activity with mental agility, making it a well-rounded warm-up.
- Encourage a lively atmosphere to maximise fun and engagement.