



ONE
TWO
Three



Clapping One, Two, Three

Instructions



Objective:


Promote group engagement, coordination, and teamwork while having fun with rhythm and sequences.

Players:

Eight or more players, suitable for large groups, workshops, or events.

Materials:

No materials are required for this game, just the participants and an instructor.



Setup:


All participants stand in a circle, and the instructor stands in the circle where everyone looks at them. Or you can have everyone in a room with the instructor at the front.

Gameplay:

The instructor becomes the rhythm master and guides the participants through various sequences of claps, knee hits, and claps, using numbers to indicate the rhythm.



Rhythm Sequences:

- When the instructor says "one," players will perform one clap, one knee hit, and one clap.
 - When the instructor says "two," players will perform two claps, two knee hits, and two claps.
 - When the instructor says "three," players will perform three claps, three knee hits, and three claps.
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Practice:


Before starting the game, the instructor should practice each number with the group until they can perform the rhythm accurately.


Sequences:

Once the group has mastered the individual numbers, the instructor can introduce sequences of numbers that participants must complete in order.

Here are the recommended sequences:




- "Two, One": Participants perform two claps, two knee hits, and two claps, followed by one clap, one knee hit, and one clap.
 - "Three, Two": Participants perform three claps, three knee hits, and three claps, followed by two claps, two knee hits, and two claps.
 - "One, Two, Three": Participants perform one clap, one knee hit, and one clap, followed by two claps, two knee hits, and two claps, and then three claps, three knee hits, and three claps. This sequence is why the game is named "One, Two, Three."
 - "Three, One, Two, One": Participants perform three claps, three knee hits, and three claps, followed by one clap, one knee hit, and one clap, then two claps, two knee hits, and two claps, and finally one clap, one knee hit, and one clap again. This sequence is used as the grand finale.
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The goal is to keep the rhythm and complete each sequence accurately as a group.

Winning the Game:

This game is not about winning or losing but about enjoying the rhythm challenge and fostering group coordination and teamwork. Participants can celebrate their success in completing the sequences.



Variations:

For added difficulty, the instructor can create more complex sequences or increase the speed of the game.

Note:

This game is a fantastic icebreaker or warm-up activity for large groups and will energise and engage participants at the beginning of a session or event.

