



ONE
TWO
Three

One, Two, Three

Instructions

Objective:

Start any session with laughter, fun, and a fitness twist to energise participants and create a positive atmosphere.

Players:

Pairs of players, suitable for participants of all ages, from children as young as 4 to adults up to 80.

Materials:

No materials are required for this game.

Setup:

Participants pair up, forming teams of two.

Gameplay:

The game consists of three rounds, each with a different modification to the counting process. In each round, players take turns counting to three, and instead of simply counting, they incorporate specific bodyweight movements based on the round's modification.

Round One:


- Players count to three, taking turns.
- When pairs get to three, they start again.
- This seems very simple, but it is more complicated than you think.
- Challenge pairs to go as fast as they can.




Round Two:

- Players count to three, taking turns.
- This round, instead of saying the number one players need to clap. Two and three stay the same as saying the number.


Round Three:


- Players count to three, taking turns.
 - Instead of repeating one, they clap. This time, they don't say two; instead, they nod forward—three stays as saying the number.
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Round Four:


- Players count to three, taking turns.
 - This round, no numbers are being said, just actions.
 - Instead of repeating one, they clap. This time, they don't say two but nod forward. Instead of saying number three, you must put both arms up in the air.
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Fitness Modified Game:

- In this game version, players perform body weight movements while counting to three instead of clapping, nodding, or raising hands.
 - Players count to three, taking turns.
 - When players say "one," they perform a designated bodyweight movement (e.g., jumping jacks).
 - When players say "two," they perform another bodyweight movement (e.g., squats).
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- When players say "three," they perform a different bodyweight movement (e.g., high knees).
 - The counting continues, with players alternating between body weight movements and counting.


The game can be adapted to include various bodyweight movements or exercises, making it suitable for all fitness levels.




Winning the Game:

There are no winners or losers in this game. The primary goal is to have fun, get some exercise, and start the session on a positive note. Participants can celebrate their laughter and shared experiences as they complete the fitness challenges.

Variations:

- Instructors can introduce new bodyweight movements or modify existing ones to keep the game fresh and exciting.
 - Participants can take turns being the leader and choosing the bodyweight movements for each round.
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Note:



One, two, three is an excellent way to combine fitness, laughter, and connection at the beginning of any class, workshop, or keynote. It warms the participants and sets a lively and upbeat tone for the session.