JUMP SPIN *Shot*

the school of PLAY

Jump Spin Shot

Instructions

Objective:

A dynamic and engaging warm-up icebreaker activity that combines physical movement with quick mental math. 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.

Options for Play:
- Points System: Play for points, with the winner of each round earning one point.
- 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 meters). 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 math 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.

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.