

**LEFT RIGHT**  
**UP**  
**Down**



# Left, Right, Up or Down

## Instructions

### Objective:

It is an engaging and high-energy game combining quick decision-making and physical movement. Players face off to guess and match directions, adding a fun and competitive element to any session.

### Players:

Played in pairs, making it suitable for small or large groups by having multiple pairs participate simultaneously.

### Materials:

No materials are required for Option One. For Option Two, a clear space for running is needed.


### Setup:

Participants pair up for the game. For Option Two, each pair starts 10 meters apart.

### Option One


### Gameplay:

- Direction Challenge: Players count down "three, two, one." On "one," one player points either left, right, up, or down while their opponent simultaneously moves their head in one of these four directions.

- 
- **Winning a Turn:** The pointer wins if the pointing direction matches the head movement. If not, roles swap, and they play again.
  - **Exercise Reps:** The winner performs five reps of a chosen exercise while the defeated player does ten reps.


## Option Two

### Gameplay:


- 
- **Start Apart:** Players begin 10 meters apart and run to meet in the middle.
  - **Play the Game:** After counting down and performing the direction challenge, players run back to the starting point and repeat if there's no winner.
  - **Exercise Challenge:** When there is a winner, they perform ten reps of an exercise, while the loser does twenty reps.

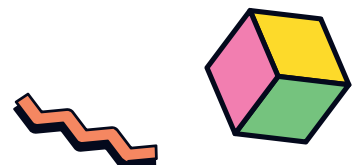
### Winning the Game:

No specific winning criteria, as the focus is on participation, fun, and physical activity.



### Variations for Different Settings:

- 
- **Children's Edition:** Simplify the movements or incorporate fun elements like animal actions or sounds.
  - **Fitness Edition:** Intensify the exercise portion with more challenging movements.
  - **Team-Building Edition:** Encourage teams to strategise and communicate to improve their coordination.



## Additional Notes:

- The game is designed to be a dynamic and fun way to start any session, promoting interaction and physical activity.
- It's versatile and can be adapted to participants' fitness levels and ages.
- "Left, Right, Up, or Down" is not just a game but a shared experience that encourages laughter, energy, and connection.