

Big Body Snap

Grade Three & Four

PLAY

This active and engaging game combines elements of coordination, teamwork, and reaction time. Students will practice jumping into specific foot positions and reacting quickly to match their partner's position, building focus and physical awareness in a fun way.



Learning Intentions

I can improve my coordination and physical awareness:

Students will practice body control and coordination by performing specific movements, helping to improve their balance and agility.

I can strengthen my teamwork and communication skills:

By working with a partner, students will practice clear communication and coordination to achieve success in the game.

I can increase my focus and reaction time:

Students will enhance their ability to stay focused and react quickly to changes in movement, strengthening their mental agility.



Success Criteria

Accurate and Timely Reactions:

Students demonstrate quick reactions to land in the correct position and be the first to shout "snap" when the correct position is matched.

Clear Communication with Partners:

Students communicate clearly with their partner, saying "jump" in unison and coordinating their jumps effectively to land in the correct positions.

Active Participation and Engagement:

Students engage actively in the game, playing with enthusiasm and contributing to the positive energy of the activity.



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Objective:

This active and engaging game combines elements of coordination, teamwork, and reaction time. Students will practice jumping into specific foot positions and reacting quickly to match their partner's position, building focus and physical awareness in a fun way.

Players:

It is ideal for pairs of students and is suitable for large groups that can be split into pairs.

Materials:

No materials are needed for this game—just enough space for the students to move and jump around.

Setup:

1. Pair up students and have them face each other, with approximately one meter of distance between them.
2. Explain the five-foot positions and how students should land after each jump (see below).
3. Make sure everyone understands the rules of jumping and calling “snap” when both students land in the same position.

Gameplay:

1. Start Jumping:

- Players begin by jumping every two seconds. As they jump, they must say “jump” aloud together, getting louder and more enthusiastic with each jump.
- Encourage players to focus on their jump and land with both feet in the proper position.

2. Feet Positions:

After each jump, players land in one of the following five positions. The game continues until both players land in the same position:

- **Wide stance:** Both feet land out wide, shoulder width apart.
- **Splits:** One foot is in front of the other, as though standing on a tightrope.
- **Together:** Both feet are placed side by side, close together.
- **Left single:** Land on your left foot with the right foot lifted off the ground.
- **Right single:** Land on your right foot with the left foot lifted off the ground.



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3. Calling “Snap” and Tagging:

- When both players land with their feet in the same position, the first player to shout “snap” and tag their opponent gets one point.
- Players continue jumping and repeating the process, trying to land in the same position to score more points.

4. Scoring:

- The first player to reach five points wins the round.
- After the game, players can find a new partner and play again.

Winning the Game:

The first player to reach five points wins the round. Students then find a new partner and repeat the game to continue building physical coordination and teamwork skills.

Variations for Different Settings:

1. Fitness Edition:

- After scoring a point, the player who won the round can choose a fitness challenge (like 5 jumping jacks or 5 squats) that the other player must complete before continuing.

2. Team Edition:

- In a larger group, students can form teams of two, and each team competes against another to score the most points in a set amount of time. For this edition students must communicate and plan together what foot stance they are going to do when they land.

3. Outdoor Edition:

- Play the game outside where students have more space to move and jump around, making it a fun and energetic game in an open environment.

Additional Notes:

Big Body Snap is an exciting, high-energy game that combines physical activity with quick reactions and teamwork. It encourages students to work together, stay focused, and have fun while improving coordination and mental agility. It's a great game to kick off a session, break the ice in a group, or simply get students moving and engaged in a fun way!

