

# B'Gawk

Grade Three & Four

PLAY

B'Gawk is a fun, fast-paced game that engages participants physically and mentally. It encourages quick thinking, coordination, and laughter while getting everyone moving. Players must stay alert and react quickly to changes in direction, all while completing squats and other exercises.



## Learning Intentions

**I can work on my focus and reaction time while engaging in a fun group activity:**

Students practice staying attentive and responding quickly, developing both focus and agility.

**I can cooperate with others in a group setting and enjoy a playful, competitive activity:**

This game fosters cooperation, group dynamics, and team spirit, making it a fun icebreaker or warm-up.

**I can improve my physical fitness through exercises integrated into the game:**

Participants engage in fitness tasks (like squats and plank jacks) while playing the game, helping with both cardiovascular and strength conditioning.



## Success Criteria

**I can follow the rules of the game and react quickly to changes in direction:**

Students show their ability to pay attention and follow the flow of the game, reacting promptly when it's their turn.

**I can complete the fitness exercises (like squats or plank jacks) as part of the game:**

Participants complete the required exercises correctly and continue playing the game without hesitation.

**I can stay engaged in the game, enjoy the experience, and keep a positive attitude, even when things change quickly:**

Players maintain an energetic and supportive attitude, even when they make mistakes or face challenges.



# B'Gawk

Grade Three & Four

PLAY

## Objective:

B'Gawk is a fun, fast-paced game that engages participants physically and mentally. It encourages quick thinking, coordination, and laughter while getting everyone moving. Players must stay alert and react quickly to changes in direction, all while completing squats and other exercises.

## Materials Needed:

- Space large enough to form a circle (or multiple circles for larger groups).
- No specific equipment required, but space for players to squat and perform plank jacks is needed.

## Setup:

### 1. Form a Circle:

Arrange participants in a circle, ideally 6-25 players. For larger groups, create multiple smaller circles.

### 2. Starting Position:

Players start in a squat hold (optional), with their hands making two circles, one over each eye (as if pretending to be a chicken).

## Gameplay Instructions:

### 1. Starting the Game:

One player is selected to go first. On their turn, they shoot one hand out (either the left or right hand) while making the chicken sound "B'Gawk!" Then, they complete a squat, returning to a squat hold (optional).

### 2. Direction of Play:

- If the player shoots out their **left hand**, the play moves **left** (counterclockwise) one player.
- If the player shoots out their **right hand**, the play moves **right** (clockwise) one player.

### 3. Changing the Direction:

A player can choose to send the direction to the other side of the circle by shooting **both hands** out towards another player and saying "B'Gawken!". This signals a for the play to restart with the person who the double handed "B'Gawken!" was sent to.

### 4. Completing a Squat: (Optional for added sneaky fitness)

After making any movement, the player must always complete a squat. If they don't, they'll face the penalty described below.

# B'Gawk

Grade Three & Four



PLAY

## 5. Mistakes or Hesitation:

The goal is to move play quickly and make the other players hesitate or make mistakes. If a player hesitates, gets the direction wrong, or doesn't complete a squat if required, they must do **5 Star Jumps** (or any other fitness exercise you choose) before rejoining the game.

## 6. Continue Playing:

The game continues for as long as you would like to play. Play moves quickly, and players should stay engaged and focused.

## Winning the Game:

- There is no official "winner" in B'Gawk; the main goal is to have fun, stay active, and enjoy the laughter and energy that comes from playing.
- If you'd like to add a competitive element, you could award points for correctly executing the movements or for avoiding mistakes, and the player with the most points at the end could be crowned the winner.

## Modifications:

### 1. For Larger Groups:

Break into multiple smaller groups, each with its own circle. You can even have each group compete against each other to see who can go the longest without making a mistake.

### 2. Change the Exercises:

Customise the exercises for different fitness levels or preferences. For example, use jumping jacks, lunges, or other bodyweight movements.

## Additional Notes:

- This game is designed to get participants moving, laughing, and working together in a fun, fast-paced environment.
- It's perfect for warming up, breaking the ice, or as an energising activity during a class or group session.

