

Head, Shoulders, Knees, Toes Add Up

PLAY

A high-energy, fun connection starter that encourages social interaction, physical activity, and connection. The game blends playful movement with cooperation, making it a lively and engaging activity for young students.



Learning Intentions

Promoting Social Interaction and Connection:

Students will engage with different partners during the game, helping them practice social skills, teamwork, and building friendships in a fun and relaxed setting.

Encouraging Physical Activity and Coordination:

Students will practice simple physical movements, such as touching different body parts, promoting fitness, coordination, and healthy movement habits.

Fostering a Positive and Fun Atmosphere:

Students will contribute to a lively, enjoyable environment, encouraging laughter, teamwork, and mutual enjoyment through active participation.



Success Criteria

Active Participation in Each Round:

Students will enthusiastically participate in each round by performing the gestures and engaging with their partner, showing they are eager to connect and collaborate.

Coordination and Accuracy:

Students will perform the correct gestures (hands on head, shoulders, knees, or toes) accurately, focusing on coordination and following the game's rhythm.

Positive Group Participation:

Students will contribute to a positive, supportive environment by encouraging others, laughing, and being fully involved, helping to create a sense of community and enjoyment.



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Objective:

A high-energy, fun connection starter that encourages social interaction, physical activity, and connection. The game blends playful movement with cooperation, making it a lively and engaging activity for young students.

Players:

Best for small or large groups of 10-30 players (or more) in classrooms, groups, or family settings.

Materials:

No materials are required—just enough space for students to move freely.

Setup:

Students pair up and stand back-to-back, ready to play. Make sure there is plenty of space for them to move and interact.

Gameplay:

Count Down and Turn:

Partners count down together ("3, 2, 1...") and then turn to face each other.

Gesture Making:

Each player quickly chooses one of four gestures: hands on head, shoulders, knees, or toes. There's no need for talking or hints—each player must make a random gesture. The gestures should change each round, so there's variety and excitement.

Scoring Points:

If both players do the same gesture (e.g., both touch their toes), they score a point! If they choose different gestures, no point is scored.

Optional Fitness Element:

After scoring a point, players can choose to do a quick fun movement, like a little jump or a swirl, before finding a new partner for the next round.

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Winning the Game:

The main goal is to have fun and interact with as many different classmates as possible. There's no strict winner or loser—just plenty of laughs and good times!

Variations for Different Settings:

Children's Edition:

Add playful movements to the gestures, such as a little jump or spin before performing the gesture. This makes it more exciting and engaging for younger students.

Fitness Edition:

After each match, increase the physical activity by adding a small fitness challenge, like a few jumping jacks or hopping in place. This keeps the energy high and gets them moving!

Teamwork Edition:

If playing in a larger group, students can work in teams and see which pair can get the most points in a set amount of time. This builds cooperation and friendly competition.

Additional Notes:

Head, Shoulders, Knees, Toes Add Up is designed to be an easy, high-energy game for younger students. It encourages physical activity while promoting social connection and fun. The combination of simple actions and cooperative play makes it ideal for breaking the ice, building friendships, and energising students before or during any activity.

