





Left, Right,  
Up, or Down



PLAY



To create a fun, high-energy game that encourages quick decision-making and physical activity. Players guess and match directions, completing physical challenges based on the outcome.



## Learning Intentions

**I can quickly follow directions and move my body:**

Students will practice listening to and following directions, improving their physical coordination and reflexes through fast-paced movement.

**I can engage in friendly competition and work with a partner:**

This game encourages students to participate in a fun and supportive environment, promoting teamwork and friendly competition.

**I can stay active and have fun while playing:**

Students will engage in physical movement, boosting their energy and keeping them active throughout the game.



## Success Criteria

**Quick and Accurate Responses:**

Students quickly react to the direction challenge, making sure their body movement matches the direction called by their partner.

**Active Participation in Physical Movement:**

Students actively engage in the exercise portion of the game, performing the required movements with enthusiasm and effort.

**Positive Social Interaction:**

Students interact respectfully and supportively with their partner, creating a fun and friendly atmosphere while playing.



# Left, Right, Up, or Down

# PLAY

## Objective:

To create a fun, high-energy game that encourages quick decision-making and physical activity. Players guess and match directions, completing physical challenges based on the outcome.

## Players:

Played in pairs, suitable for both small and large groups.

## Materials:

- No materials are needed for Option One.
- For Option Two, ensure there is a clear space for players to run (10 meters apart).

## Setup:

- Pair up students and give them enough space to move around.
- For Option Two, each pair starts 10 meters apart to allow for running.

## Gameplay:

### Option One:

#### Direction Challenge:

Players count down “3, 2, 1.” On “1,” one player points in one of the following directions: left, right, up, or down. Simultaneously, the other player moves their head in one of these directions.

### Winning a Turn:

The player who pointed wins if the direction they pointed matches the direction the other player’s head moved. If the directions don’t match, roles swap, and they play again. If the player who points their finger wins the round and matches the direction their partner moved their head they continue to be the finger pointer until they don’t get a match with their partner.

### Exercise Reps: (optional)

- **Winner:** The winner performs five reps of a chosen exercise (such as star jumps, squats, or high knees).
- **Loser:** The defeated player performs ten reps of a different exercise.

# Left, Right, Up, or Down

# PLAY

## Option Two:

### Start Apart:

Players start 10 meters apart and run toward each other.

### Direction Challenge:

After the countdown, players perform the direction challenge (point and head movement).

### Exercise Challenge:

- **Winner:** The winner performs 5 reps of an exercise.
- **Loser:** The loser performs 10 reps of a different exercise.

### Repeat or Continue:

After completing the exercise challenge, players return to their starting positions and repeat the game. If there is no winner after the direction challenge, they repeat until one player wins.

### Winning the Game:

There is no specific winner or loser, as the focus is on having fun, staying active, and completing physical challenges. The goal is to participate, engage with a partner, and enjoy the game.

## Variations for Different Settings:

### Modified Edition:

Simplify the direction challenge or incorporate fun animal actions (e.g., hopping like a bunny for “up” or waddling like a penguin for “down”). This keeps the game engaging and fun for younger students.

### Fitness Edition:

Increase the difficulty of the exercise challenges by adding more complex movements, such as burpees, lunges, or mountain climbers, to keep students engaged and active.

### Team Building Edition:

If played with larger groups, students can form teams and collaborate on strategies to improve their performance and coordination.



# Left, Right, Up, or Down

# PLAY

## Additional Notes:

Left, Right, Up, or Down is a dynamic and fun game that promotes quick thinking, physical activity, and friendly competition. It's an excellent way to warm up, energize students, and foster cooperation. Whether in the classroom, gym, or outside, the game encourages laughter, connection, and movement. Plus, it's easy to adapt to different fitness levels and group sizes, making it versatile and enjoyable for all.

