

One Two Three

PLAY

To energise students at the start of a session with laughter, fun, and easy exercises that promote fitness and connection with a partner.



Learning Intentions

Promoting Physical Activity Through Fun:

Students will participate in fun, easy movements, improving their fitness while having a good time and staying active.

Enhancing Focus and Coordination:

Students will improve their ability to follow instructions, focusing on specific actions while having fun with their partner.

Building Positive Social Connections:

Students will enjoy time with their partner, encouraging cooperation, laughter, and social interaction through a playful game.



Success Criteria

Active Participation in Movement:

Students take part in the physical movements during the game, showing enthusiasm and effort as they perform each action.

Following the Actions Correctly:

Students accurately perform the actions (clap, nod, jump, etc.), focusing on staying in sync with their partner throughout the game.

Engagement and Enjoyment:

Students participate with positive energy, smiling and laughing, and enjoying their time with their partner, contributing to the fun atmosphere.



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Objective:

To energise students at the start of a session with laughter, fun, and easy exercises that promote fitness and connection with a partner.

Players:

Pairs of players, ideal for young students ages 5-7.

Materials:

No materials are required—just space for the students to move and play.

Setup:

Pair up the students in teams of two. Ensure there's enough space for everyone to move freely.

Gameplay:

The game consists of four rounds, each with a different action to perform instead of counting. In each round, students take turns counting to three, but instead of simply saying the number, they perform actions based on the round's instructions.

Round One:

- Students take turns counting to three, alternating for each number.
- When they get to three, they start again.
- The challenge is to go as fast as possible while still keeping it fun and accurate.

Round Two:

- Students take turns counting to three.
- Instead of saying "one," students **clap**.
- "Two" and "three" stay the same (just saying the number).
- The focus is on doing the actions quickly and having fun!

Round Three:

- Students take turns counting to three.
- Instead of saying "one," they **clap**.
- Instead of saying "two," they **nod their head forward**.
- "Three" stays as saying the number.
- This round adds more coordination and focus while keeping the fun going.



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Round Four:

- Students take turns counting to three.
- Instead of saying "one," they **clap**.
- Instead of saying "two," they **nod their head forward**.
- For "three," they **raise both arms in the air**.
- This round brings all the actions together in a fun and physical way!

Fitness Modified Version (Optional):

- Students take turns counting to three.
- Instead of clapping or nodding, they do bodyweight movements:
 - When they say "one," they do **star jumps**.
 - When they say "two," they do **squats**.
 - When they say "three," they do **high knees**.
- This version adds exercise while keeping the game simple and fun!

Winning the Game:

There are no winners or losers. The goal is for students to have fun, get moving, and enjoy their time with their partner. Celebrate everyone's effort, laughter, and the great energy they bring to the game.

Variations:

1. **Change the Actions:**
2. You can swap out star jumps or squats for other simple movements like **running in place**, **spinning**, or **touching toes** to keep the game fresh and exciting.

3. Leader's Role:

Let students take turns being the leader and choosing what movements should happen in each round. This gives them a sense of responsibility and creativity.

Additional Notes:

One Two Three is a fun way to start the day with energy and laughter. It's designed to get students moving while practising coordination and following directions. This game helps create a positive, upbeat atmosphere that can kick off any session with excitement and joy. Plus, it encourages students to bond and work together as they share fun moments!

