

# Yay, Nay, Let's Stay

# PLAY

To create a fun and energetic group activity that promotes quick thinking, physical coordination, and teamwork.

Students follow commands and perform actions, building energy and excitement for the rest of the session.



## Learning Intentions

**I can follow instructions and react quickly:**

Students will practice following simple instructions (jumping, spinning) while staying focused and reacting quickly to commands.

**I can improve my coordination and motor skills:**

This game helps students develop physical coordination as they jump forward, jump backward, and spin while staying in sync with others.

**I can work together with others in a fun and energetic activity:**

The game fosters teamwork and social interaction, as students play together in a circle, supporting each other to succeed in the challenges.



## Success Criteria

**Quick and Accurate Movement:**

Students quickly and accurately follow the commands (Yay, Nay, Let's Stay) and perform the corresponding actions with good coordination.

**Active Participation:**

Students actively engage in the game, laughing and enjoying the challenge of keeping up with the fast-paced instructions.

**Working Together:**

Students show teamwork by following the group's rhythm and keeping space between themselves to avoid stepping on each other's feet.



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**PLAY**

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## Objective:

To create a fun and energetic group activity that promotes quick thinking, physical coordination, and teamwork. Students follow commands and perform actions, building energy and excitement for the rest of the session.

## Players:

Suitable for small to large groups (2-20+ participants).

## Materials:

No materials are required—just enough space for students to stand in a circle and move around.

## Setup:

1. Have students stand in a circle facing the same direction, with hands on the shoulders of the person in front of them.
2. Ensure there is a little gap of arm's length between participants to allow for jumping and spinning.
3. The instructor or leader will call out the commands while students perform the movements.

## Gameplay:

**Practising the Moves:** Start by practising the three commands:

- “Yay” – Jump forward.
- “Nay” – Jump backward.
- “Let’s Stay” – Complete a 180-degree spin to face the other direction, placing your hands on the new person’s shoulders.

1. **Increasing the Pace:** Once students have mastered the three movements, begin picking up the pace to make the game more challenging and exciting.

2. **Following Sequences:** When the group is ready, give them a sequence to complete when you say “Go.” The group must follow the sequence without making a mistake.

3. Examples of sequences (to be said by the instructor):

- **Level 1:** Yay, yay, nay, let’s stay.
- **Level 2:** Yay, nay, let’s stay, nay.
- **Level 3:** Nay, nay, yay, yay, let’s stay.
- **Level 4:** Let’s stay, nay, let’s stay, yay, nay.

4. **Challenge and Fun:** Continue increasing the difficulty of the sequences and see if the group can keep up! The game should make students laugh and concentrate as they try to complete each challenge.



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## Winning the Game:

There is no winner or loser in this game. The focus is on fun, laughter, and connection. The goal is for students to stay active, work together, and have a great time while performing the moves and completing sequences.

## Variations for Different Settings:

### Modified Edition:

Keep the movements simple and slower to help younger students master the actions. You can also add funny actions for each move (e.g., hopping for "Yay" or wiggling for "Nay").

### Fitness Edition:

For older or more energetic groups, increase the complexity of the moves (e.g., adding squats or high knees to the jumping motions) to challenge students' fitness levels.

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### Team Building Edition:

If playing with larger groups, divide the students into teams and have them cheer each other on during the sequences, promoting teamwork and support.

## Additional Notes:

Yay, Nay, Let's Stay is a perfect icebreaker or warm-up activity for young students. It's designed to energise the group while developing coordination, focus, and teamwork. As the students play, they'll have fun, laugh, and build a positive connection with each other, setting a lively tone for the rest of the session or class.

