





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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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.



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.