

One Two Three

Quick and Easy

PLAY

One Two Three – Family Edition is a fun, energising game designed to kick off any family session with laughter, a bit of exercise, and positive vibes. It combines counting with creative movements, getting everyone active and ready for a day filled with connection and joy.



Family Objects

Energising Through Movement:

Family members will get active and have fun by performing playful bodyweight movements, boosting fitness and energy levels while sharing a few laughs.

Improving Focus and Coordination:

By following simple actions instead of just counting, everyone learns to stay focused and synchronise their movements, enhancing coordination in a fun and relaxed way.

Strengthening Family Bonds Through Play:

This activity encourages positive social interaction, creating a lively atmosphere where family members enjoy working together, sharing smiles, and starting the day on a high note.



Success Milestones

Active Participation in Movements:

Family members eagerly join in the designated actions during the game, showing enthusiasm and effort as they perform each movement.

Accurate and Synchronised Actions:

Everyone successfully follows the rules—clapping, nodding, or raising arms (or doing bodyweight movements)—in time with their partner, maintaining synchronisation throughout the rounds.

Positive Engagement and Enjoyment:

The game fosters a spirit of fun and laughter, with family members interacting, sharing playful moments, and creating a warm, upbeat atmosphere together.



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Objective:

One Two Three – Family Edition is a fun, energising game designed to kick off any family session with laughter, a bit of exercise, and positive vibes. It combines counting with creative movements, getting everyone active and ready for a day filled with connection and joy.

Players:

Played in pairs, making it perfect for family members of all ages—from little ones (as young as 4) to grandparents (up to 80!). It's an ideal icebreaker for family gatherings or a warm-up activity at home.

Materials:

No materials are required for this game—just your willingness to have fun and get moving!

Setup:

1. Pair Up:

Have family members pair up to form teams of two.

2. Clear Space:

Ensure there's enough room for everyone to move around safely and comfortably.

Gameplay:

The game is played in several rounds, each with a twist on the counting process:

- **Round One:**
 - **Basic Counting:**
 - Pairs take turns counting to three.
 - When you reach three, start over.
 - The challenge is to go as fast as possible while staying in sync—this might sound simple, but it's trickier than it looks!
- **Round Two:**
 - **Clap Instead of One:**
 - Count to three as before, but when you say "one," give a clap instead of speaking the number.
 - "Two" and "three" remain spoken aloud.
- **Round Three:**
 - **Mix It Up with Nods:**
 - As you count to three, replace "one" with a clap and "two" with a forward nod.
 - "Three" is still said aloud.



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- **Round Four:**
 - **Action-Only Round:**
 - No numbers are spoken in this round—only actions:
 - Replace “one” with a clap,
 - Replace “two” with a nod,
 - Instead of saying “three,” raise both arms up in the air.
 - **Fitness Modified Game:**
 - **Get Fit While Counting:**
 - Instead of clapping, nodding, or raising arms, perform designated bodyweight movements:
 - When you reach “one,” do a movement such as jumping jacks,
 - For “two,” switch to squats,
 - For “three,” perform high knees.
 - Continue counting and alternating between the bodyweight movements and the counting.

Winning the Game:

There are no winners or losers in One Two Three – Family Edition. The goal is simply to have fun, get a bit of exercise, and share a few laughs together as you start your session on a positive note.

Variations:

- **Mix Up the Movements:**

Allow family members to take turns choosing different bodyweight exercises for each round to keep the game fresh and exciting.

- **Leader for a Round:**

Let a different family member be the leader each round, who can call out the movements or add a new twist to the counting sequence.

- **Adjust the Pace:**

For a slower, more deliberate version (great for younger children or a more relaxed session), take it easy on the speed. Alternatively, challenge older kids and adults to speed things up for a heartier workout.

Additional Notes:

One Two Three – Family Edition is a wonderful way to combine fitness, fun, and connection at the start of any family gathering or session. It warms up the body, lifts the mood, and sets a lively, upbeat tone for the rest of your time together. Enjoy the laughter, the movement, and the shared moments as you count, clap, nod, and get moving as one big happy family!

