

# Left Right Up Down

Quick and Easy

PLAY

**Left Right Up Down** is a high-energy, interactive game that combines quick decision-making with physical movement. Players face off in pairs to guess and match directional cues, with winning rounds resulting in exercise challenges. The game's focus is on fun, fitness, and fostering social connections through playful competition.



## Family Objects

### Enhance Physical Fitness and Coordination:

Family members improve their agility and coordination by responding to quick directional cues and performing high-energy exercises based on the game's outcomes.

### Promote Quick Decision-Making:

Players develop rapid decision-making skills as they swiftly react to directional signals, enhancing their ability to think on their feet in a fun, competitive environment.

### Foster Social Interaction and Teamwork:

Participants engage in friendly, collaborative play, encouraging mutual support and positive interaction while working with a partner through dynamic physical challenges.



## Success Milestones

### Active Engagement in the Game:

Family members consistently participate in the directional challenge, reacting quickly to their partner's signals and demonstrating excellent physical agility.

### Completion of Physical Exercises:

Players enthusiastically perform the designated exercises (e.g., squats, push-ups) following each round, showing commitment to both the mental and physical aspects of the game.

### Positive Social Interaction and Sportsmanship:

Participants display good sportsmanship by encouraging their partners, respecting the outcomes of each round, and maintaining a positive, supportive attitude throughout the game.



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## Objective:

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## Players:

- Played in pairs, making it suitable for both small and large groups by having multiple pairs participate simultaneously.

## Materials:

- **Option One:** No materials are required.
- **Option Two:** A clear, open space for running is needed.

## Setup:

### 1. Pair Up:

- Participants form pairs and, for Option Two, stand 10 metres apart in a clear area.

### 2. Explain the Rules:

- Ensure each pair understands that one player will give a directional cue (left, right, up, or down) while the other responds by moving their head (Option One) or by running to the centre and back (Option Two).

## Gameplay:

### Option One – Static Direction Challenge:

#### 1. Countdown and Direction Challenge:

- Both players count down “three, two, one.” On “one,” one player points in a direction (left, right, up, or down) while their partner simultaneously moves their head in one of these four directions.

#### 2. Determining the Winner:

- If the partner’s head movement matches the direction pointed, the pointer wins the round. If not, roles swap and the round is replayed.

#### 3. Exercise Reps:

- The winning player performs 5 reps of a chosen exercise, while the other player does 10 reps.



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## Option Two – Running Direction Challenge:

### 1. Start Apart:

- Players begin 10 metres apart and run to meet in the middle after the countdown.

### 2. Directional Movement:

- After counting “three, two, one,” they perform the directional challenge and then run back to their starting point.
- If there is no clear winner, they repeat the process.

### 3. Exercise Challenge:

- When a winner is determined, they perform 10 reps of an exercise, while the losing player performs 20 reps.

### 4. Repeat:

- Continue rounds until everyone has had multiple turns, ensuring both fun and fitness remain at the forefront.

## Winning the Game:

- There is no single “winner” as the focus is on participation, fun, and physical activity.
- However, you can track points if desired (e.g., awarding points for winning rounds) and celebrate the pair or individual with the most points at the end of the session.

## Variations for Different Settings:

### • Children’s Edition:

Simplify the movements by incorporating fun elements, such as animal actions or playful sounds, to make the game more engaging for younger participants.

### • Fitness Edition:

Intensify the exercise portion by incorporating more challenging movements (e.g., burpees, lunges) or increasing the number of reps for each round.

### • Team Building Edition:

Organise a tournament where pairs compete in successive rounds, encouraging teams to strategise and communicate effectively to improve their coordination and decision-making.

## Additional Notes:

Left Right Up Down – Family Edition is a versatile and energetic game that not only promotes physical fitness and quick thinking but also fosters positive social interactions and teamwork. It serves as a fun icebreaker or warm-up activity, adaptable to various group sizes and fitness levels. Enjoy the lively atmosphere, the shared laughter, and the energy that comes from moving and playing together!

