

# Apple, Orange and Banana

# PLAY

**To promote teamwork, listening skills, and movement through a fun connection starter that generates laughter and encourages active participation.**



## Learning Intentions

**I can follow instructions and perform physical movements in a fun, fast-paced game:**

This encourages students to listen carefully and react quickly to verbal cues, improving their ability to follow directions.

**I can work together with my peers in a fun, cooperative way:**

This fosters teamwork, as students rely on each other to maintain their position in the circle.

**I can engage in a physical activity that encourages movement, laughter, and fun:**

This promotes physical activity, helps students relax, and creates a light-hearted environment.



## Success Criteria

**Following Instructions for Each Cue (apple, orange, or banana):**

Students can follow the instructions given for each cue (apple, orange, or banana), ensuring they are actively participating by performing the correct actions in response to the words.

**Engaging with Classmates and Being Part of the Group:**

Students can engage with their classmates and be part of the group, promoting social interaction and participation in a group setting.

**Adapting Quickly to a Changing Pace:**

Students can adapt quickly to a changing pace when multiple words are used in sequence, encouraging them to be flexible and responsive to the game's challenges.



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**Objective:** To promote teamwork, listening skills, and movement through a fun connection starter that generates laughter and encourages active participation.

**Players:** Ideal for small to medium-sized groups (6-26 students).

**Materials:** None

**Time Required:** 5-10 minutes

**Setup:** Ask the students to stand in a circle facing one direction (not facing the middle) with their hands placed on the shoulders of the person in front of them. Explain the game and the movements associated with each word: "apple" (move forward), "orange" (move backward), and "banana" (spin around).

## Gameplay:

1. **Explain the Rules:** The teacher or leader calls out one of the three words:
  - "Apple" means everyone moves forward. This can either be a step or a small two footed jump.
  - "Orange" means everyone moves backward. This can either be a step or a small two footed jump.
  - "Banana" means everyone spins around. Perform a jump and spin 180 degrees to land facing the other way.
2. **Start the Game:** Begin by calling out a word and observing how the group follows the instructions. Make sure they understand the actions associated with each word.
3. **Increase the Challenge:** As the group gets comfortable, call out two or three words in sequence, such as:
  - "Apple, orange, banana!"
  - "Banana, apple, orange!" This increases the challenge and encourages students to react quickly.
4. **Keep the Energy High:** Encourage laughter and excitement as the group performs the movements. The goal is to keep the game light-hearted and fun.
5. **Variation:** You can add more actions or words (e.g., "grape" for jumping or "watermelon" for clapping). You can also make the actions more complex as the students become more comfortable with the game.
6. **Wrap-Up the Game:** After several rounds, or when you feel the energy is high, wrap up the game with a final call. You can also mix up the sequence and make it more unpredictable to maintain the fun.

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## Reflection Prompt:

- How did you feel when you had to react quickly to the different cues?
- What was your favourite part of the game? Why?
- How did the group work together to follow the instructions?

**Winning the Game:** There is no winner in this activity. The goal is to engage in the game, have fun, and bond with classmates through laughter and physical activity.

**Additional Notes:** Apple, Orange, and Banana are fantastic icebreakers or energisers that help students get moving, laugh, and connect with one another. It's a great activity to play after a break, before a lesson, or when students need a quick burst of energy. The game is adaptable for all ages and encourages inclusivity, participation, and a sense of fun in the group.