

Colour Run

STAY ACTIVE

To develop speed, listening skills, and quick reflexes through an active game where students perform specific exercises based on colour cues.



Learning Intentions

I can improve my speed and reflexes by quickly responding to colour cues:

This encourages students to develop fast reaction times and improve their agility in responding to verbal commands.

I can enhance my listening skills and ability to follow instructions:

This helps students practice active listening as they hear colour cues and perform the corresponding exercises.

I can practice a variety of physical movements while having fun:

This fosters overall physical fitness through varied exercises like running, jumping, and other quick movements.



Success Criteria

Responding Quickly and Accurately to Colour Cues:

Students can respond quickly and accurately to the colour cues and perform the corresponding exercises, ensuring they stay engaged and focused on moving swiftly and completing the exercises.

Improving Reflexes and Agility:

Students can improve their reflexes and agility by adjusting their body's movements quickly, focusing on the ability to react quickly to auditory cues and adapt movements accordingly.

Participating Fully and Enjoying the Movement:

Students can participate fully and enjoy the movement while following the instructions, promoting active participation and enjoyment of physical activity.



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Objective: To develop speed, listening skills, and quick reflexes through an active game where students perform specific exercises based on colour cues.

Players: Ideal for small to medium-sized groups (5-26 students).

Materials:

- None required (just enough space for students to move freely).
- Optionally, coloured cones or markers if you'd like a visual reminder of the colours.

Time Required: 10-15 minutes.

Setup: Ensure students have enough space to perform exercises like running or jumping without obstacles. If playing outdoors, you can mark boundaries with cones, but the game can be played indoors or outdoors.

Gameplay:

1. **Introduce the Game:** Explain the rules of the game: You will call out a colour, and the students will need to perform a corresponding exercise. The goal is to be as quick as possible while staying accurate.
2. **Assign Exercises to Colours:** Decide which exercises correspond to which colours. Here are some examples:
 - **Red** = Run in place or around the area.
 - **Blue** = Star Jumps.
 - **Green** = High knees.
 - **Yellow** = Squats.
 - **Orange** = Sit ups.
 - **Purple** = 180 degree jump and spin.
3. **Start the Game:**
 - Call out a colour, and students must immediately start the corresponding exercise.
 - Continue calling out different colours in quick succession. The faster students can respond and perform the exercise, the better!

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4. Vary the Difficulty:

- To add a challenge, you can call multiple colours in sequence (e.g., "Red, Blue, Green!") or have students do the exercises for a set number of seconds or repetitions.
- You can also ask students to switch exercises or change speeds (e.g., "Fast running!" or "Slow Squats!").

5. Switch Roles (Optional):

- After a few rounds, you can have students take turns calling out the colours. This gives them an opportunity to lead the game and practice clear instructions.

6. Variation: You can add more colours and movements based on the space available. For example, students could do stretches, dance moves, or yoga poses in response to different colours. If space is limited, you can have the students complete the exercises in a confined area or in pairs.

7. Reflection Time: After the game, ask students questions to reflect on their experience:

- "How did it feel to quickly switch between exercises?"
- "Which exercise did you enjoy the most?"
- "What helped you stay quick and focused?"

Winning the Game: There is no specific winner in this activity. The goal is to stay active, respond quickly, and enjoy the movement. Success is measured by how well students listen and how quickly they can complete the exercises.

Additional Notes: "Colour Run" is a great way to keep students active and engaged while improving their listening and reaction time. It promotes physical activity, teamwork, and fun as students work to follow the colour cues. The game can easily be adapted for various skill levels and space constraints, making it a versatile and enjoyable exercise for students of all ages.

