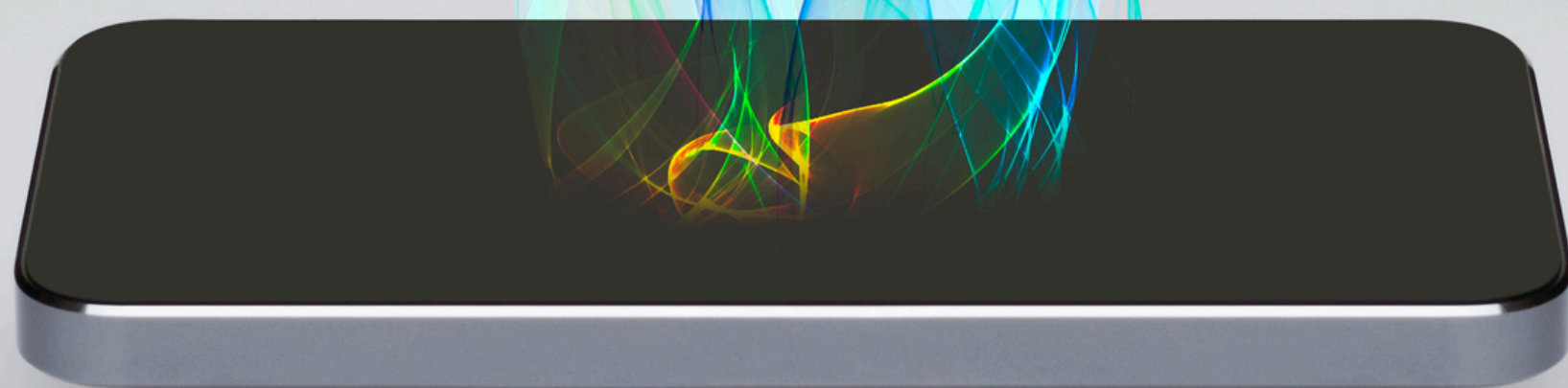


Mobile phone

Movement



Mobile phone movement

TIME:

Ten to thirty minutes

INSTRUCTIONS:

We have taken the much loved mobile phone and turned this into a fun full body experience. Before you can start the game, you will need to print and laminate the attached mobile phone and set it out on the wall or the ground. We have found that this works best when you can see the large phone numbers set up precisely as it would look on a mobile phone. The game is played where participants must type their mobile number or their parents mobile. We also have created literacy and other numeracy based games for you to use on the keypad.

How to play:

Set up 10 stations and label them according to the digits of a mobile phone (0 – 9). The idea of this game is for people to work through the stations that correspond with specific phone numbers. For example, my phone number is 0400 136 592, so I would complete the exercise for the 0, then the exercise for the 4, then the 0 and so on until I had finished all the activities corresponding to my phone number. You can then complete other numbers such as partner's number, favourite pizza shop, work number or you can use your date of birth, street number and so on for added variation. You can have as much fun as you like with different numbers as long as the participants are working hard with limited rest.

The winner of the session is the person or team that works their way through the most numbers during the allotted session time.

Game option two:

This is where the real learning takes place. You can get the students to spell their full names, using the letter on the numbers and completing the movements. Alternatively, you can get them to spell certain words, we have found that focusing on students spelling words or getting them to spell words to do with whatever topic you are currently focusing on.

Game option three:

This is more of a numeracy based lesson. Give the students certain numeracy questions that you are currently working on in the class. When they get the answer right instead of writing the answer down, they must perform those fitness movements as a team. For example, if the question was $100 + 34 = 134$. They would need to complete 10 glute raises, 10 leg raises and a 200-meter sprint to show that they know the answer to the questions.

Mobile phone movement

TIME:

Ten to thirty minutes

INSTRUCTIONS:

Blank mobile phone:

We have also included a bare mobile phone, with just the number and the letters so that you can use this for whatever topic, subject or curriculum based activity you are working on. We have also found it fun for students to reflect using the hashtag, so instead of saying a reflective word about the sessions, they would need to do this as a hashtag as a debrief reflection activity. This is a great way to make the reflective process a fun based movement idea. We have also had teachers who leave the mobile phone stuck up on the wall, and use this is a brain-break or energy break idea with the students. There are so many different uses and purposes that can come out of this simple mobile phone movement game.

Bodyweight exercises

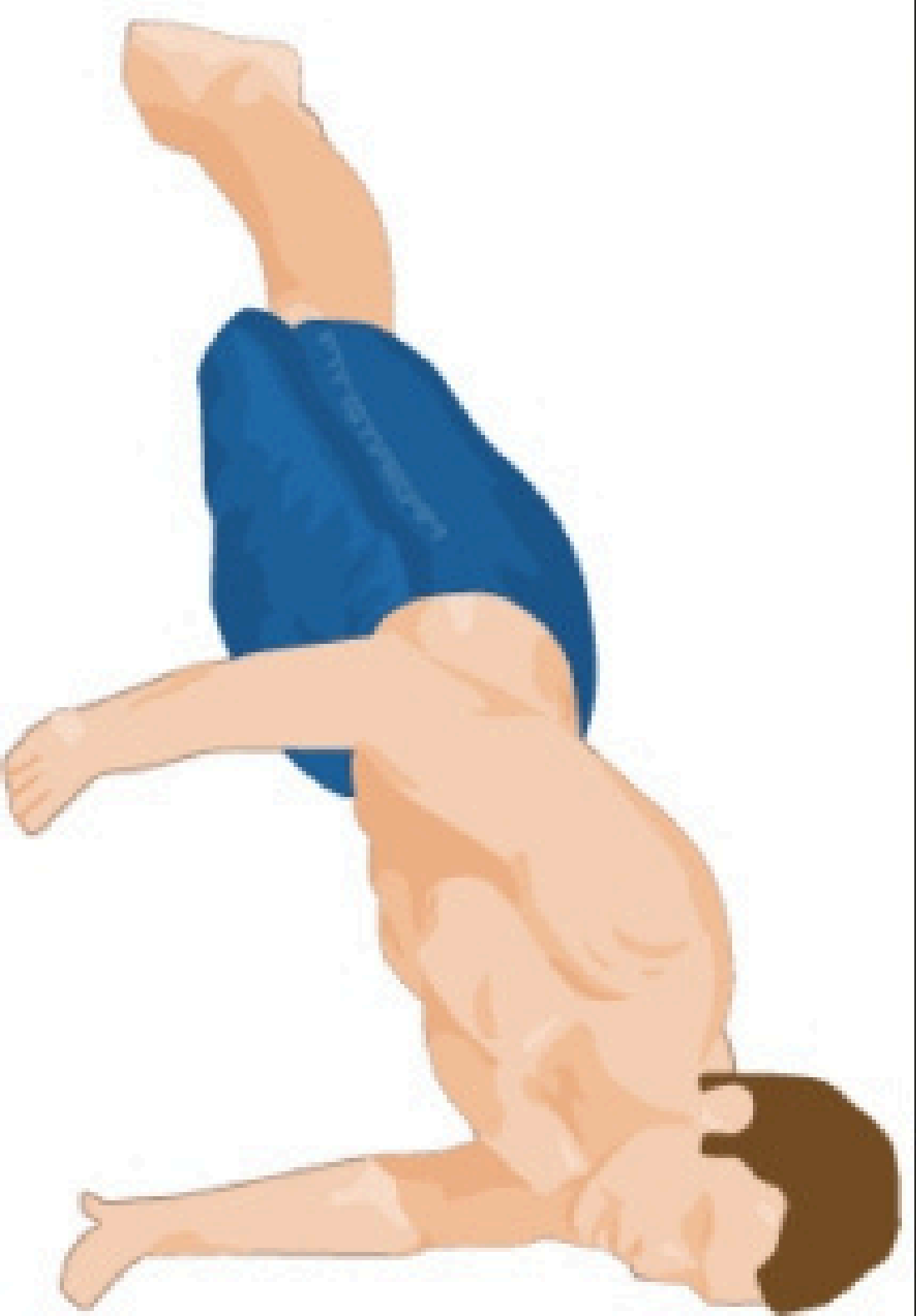
Number	Exercise	Number	Exercise
0	10 pushups	5	20 squat jumps
1	10 glute raises	6	10 commandos
2	10 sit-ups	7	20 mountain climbers
3	10 leg raises	8	20 lunges
4	200m sprint	9	10 burpees
*		#	

Letter on the phone pads

Number	Letters	Number	Exercise
0	+	5	J K L
1	-	6	M N O
2	A B C	7	P Q R S
3	D E F	8	T U V
4	G H I	9	W X Y Z
*		#	

1
OMIE

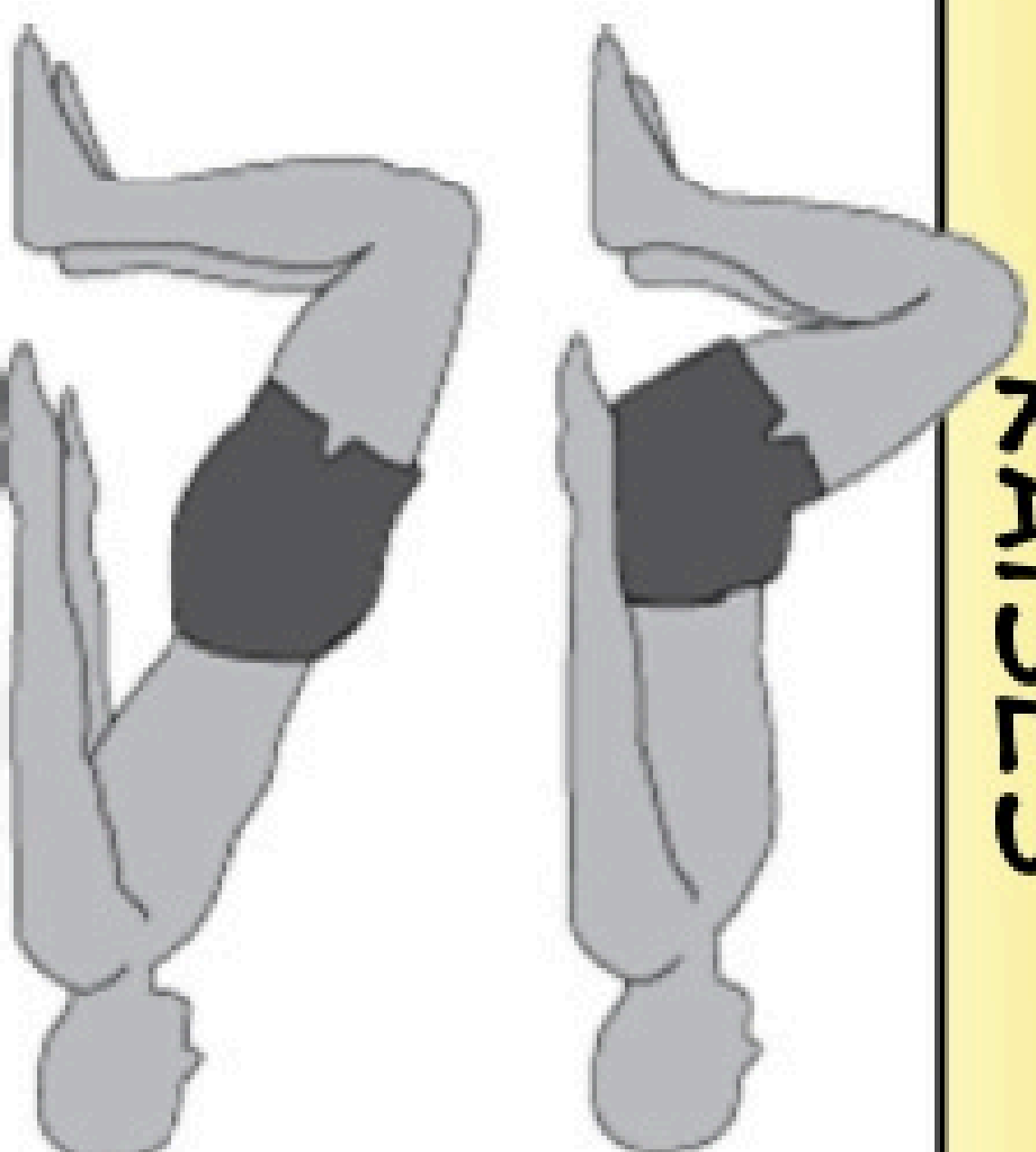
10 PUSH UPS



2
TWO

**10X GLUTE BRIDGE
RAISES**

**A
B
C**

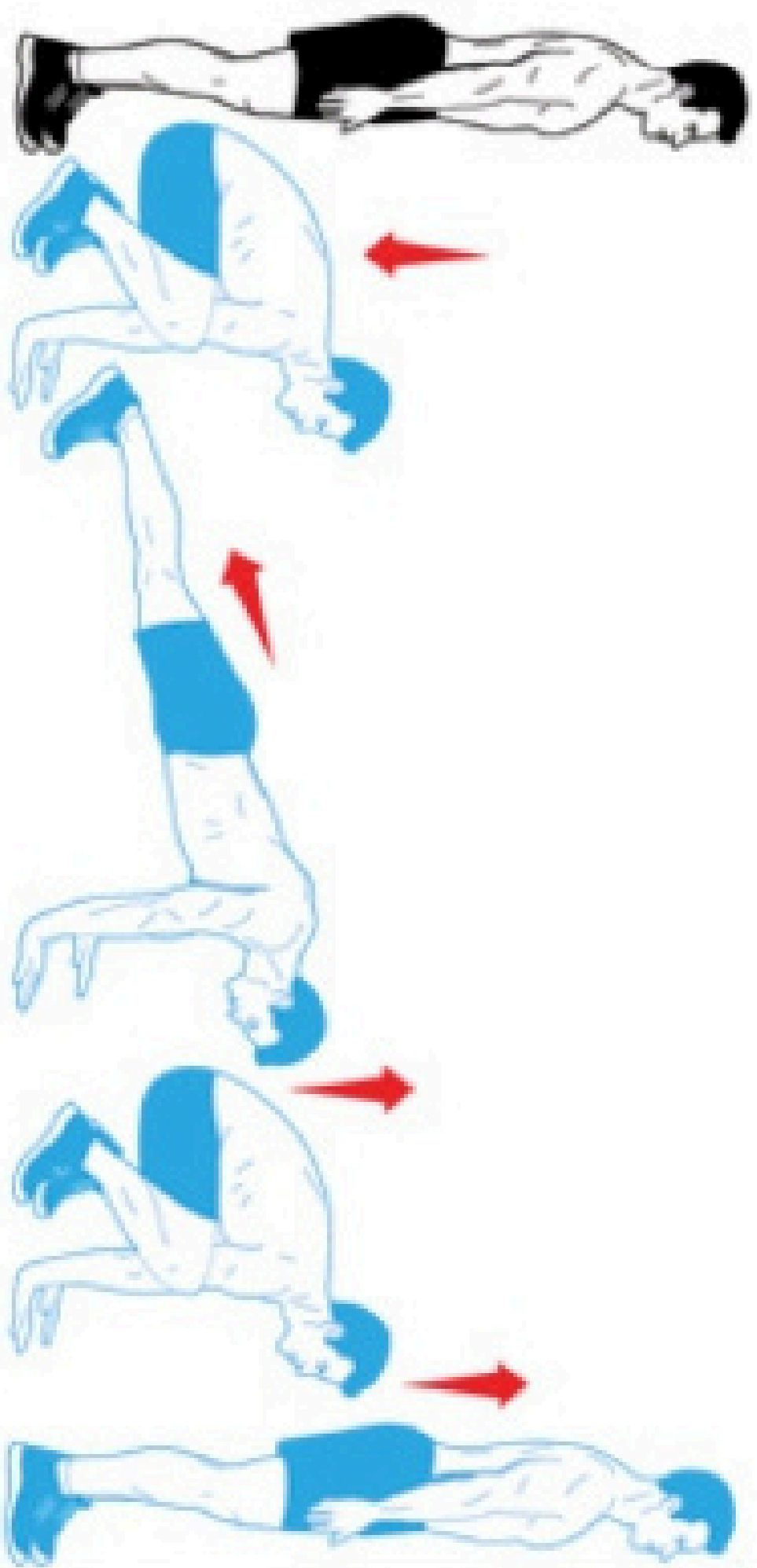


SN

SNOWER

J K L

10X SQUAT THRUSTERS



OR

SNOXX

M N O

20X JUMP SQUATS

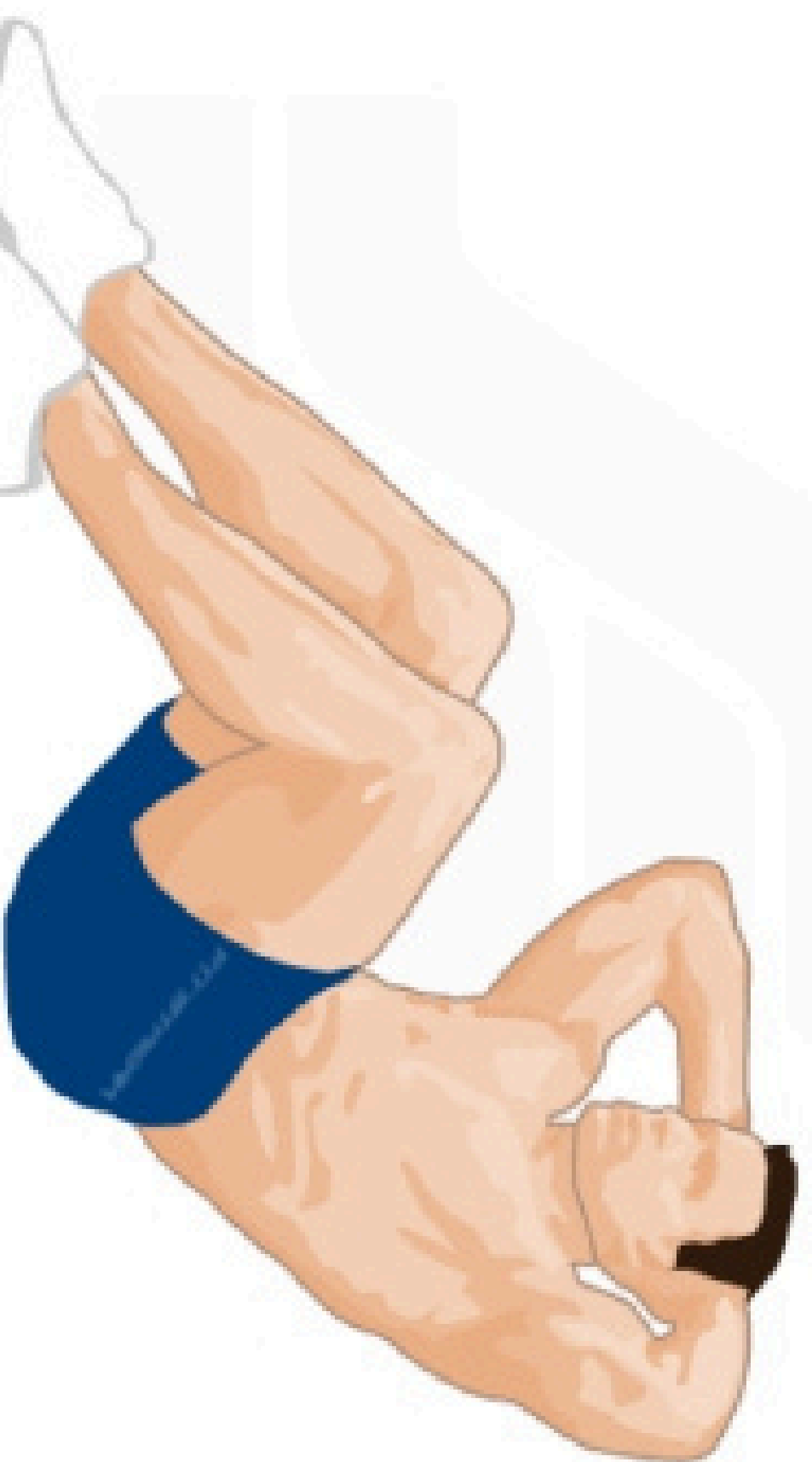


THUNDER

W

DEF

10X SIT UPS



FOUR

T

GHI

200M SPRINT

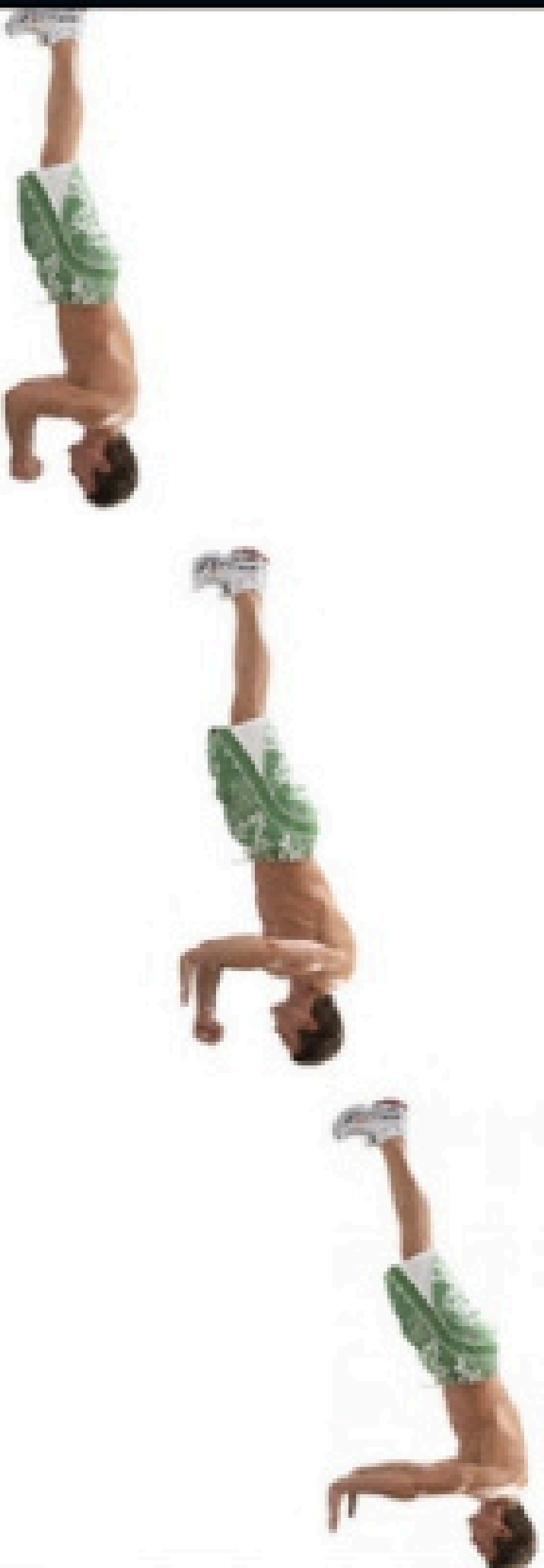


7

SEVEN

P Q R S

10X COMMANDOES



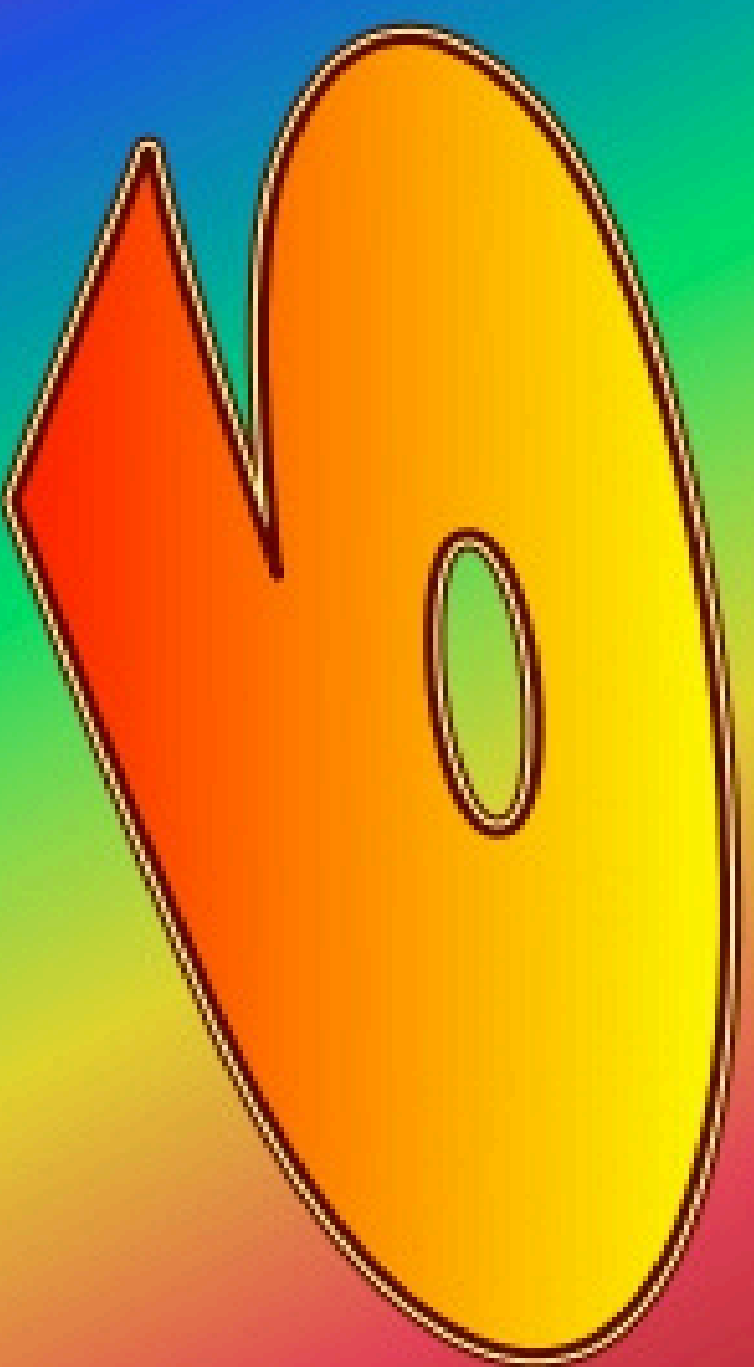
8

EIGHT

T U V

**20X MOUNTAIN
CLIMBERS**

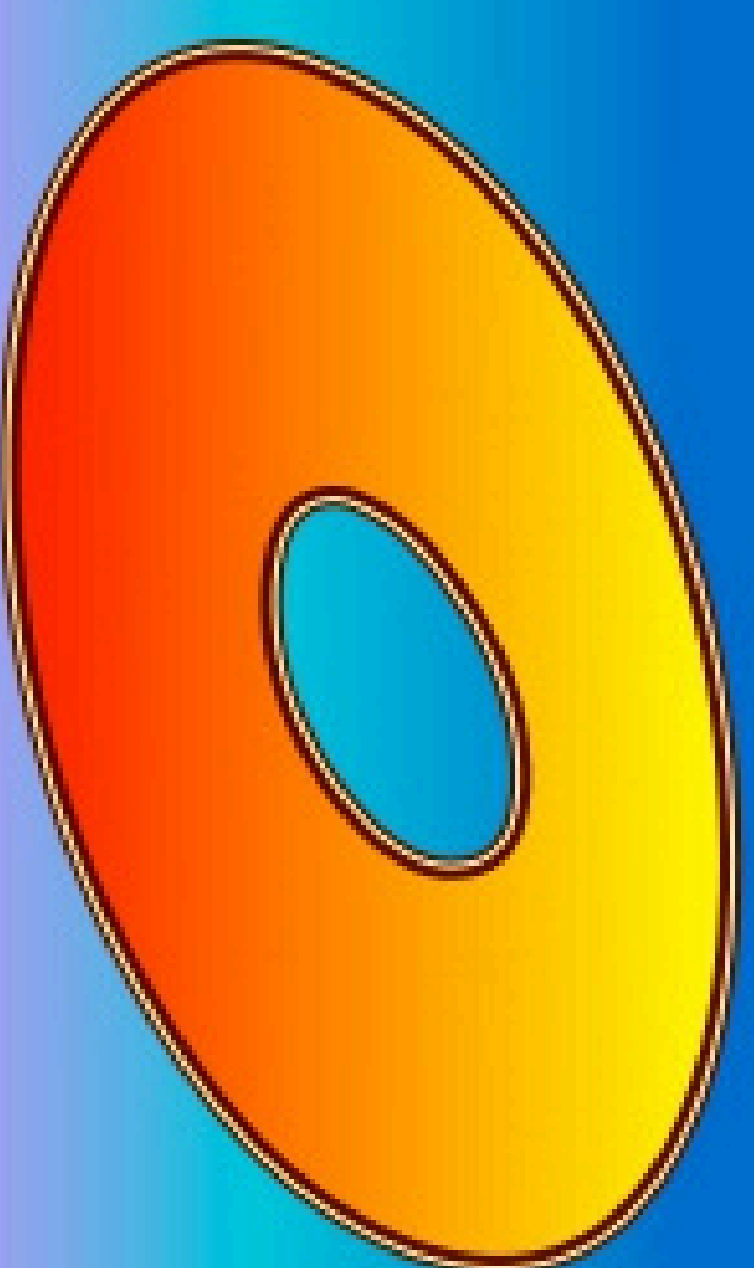




MINUTE

W X Y Z

400M SPRINT



21 MIN

+

10 BURPEES

