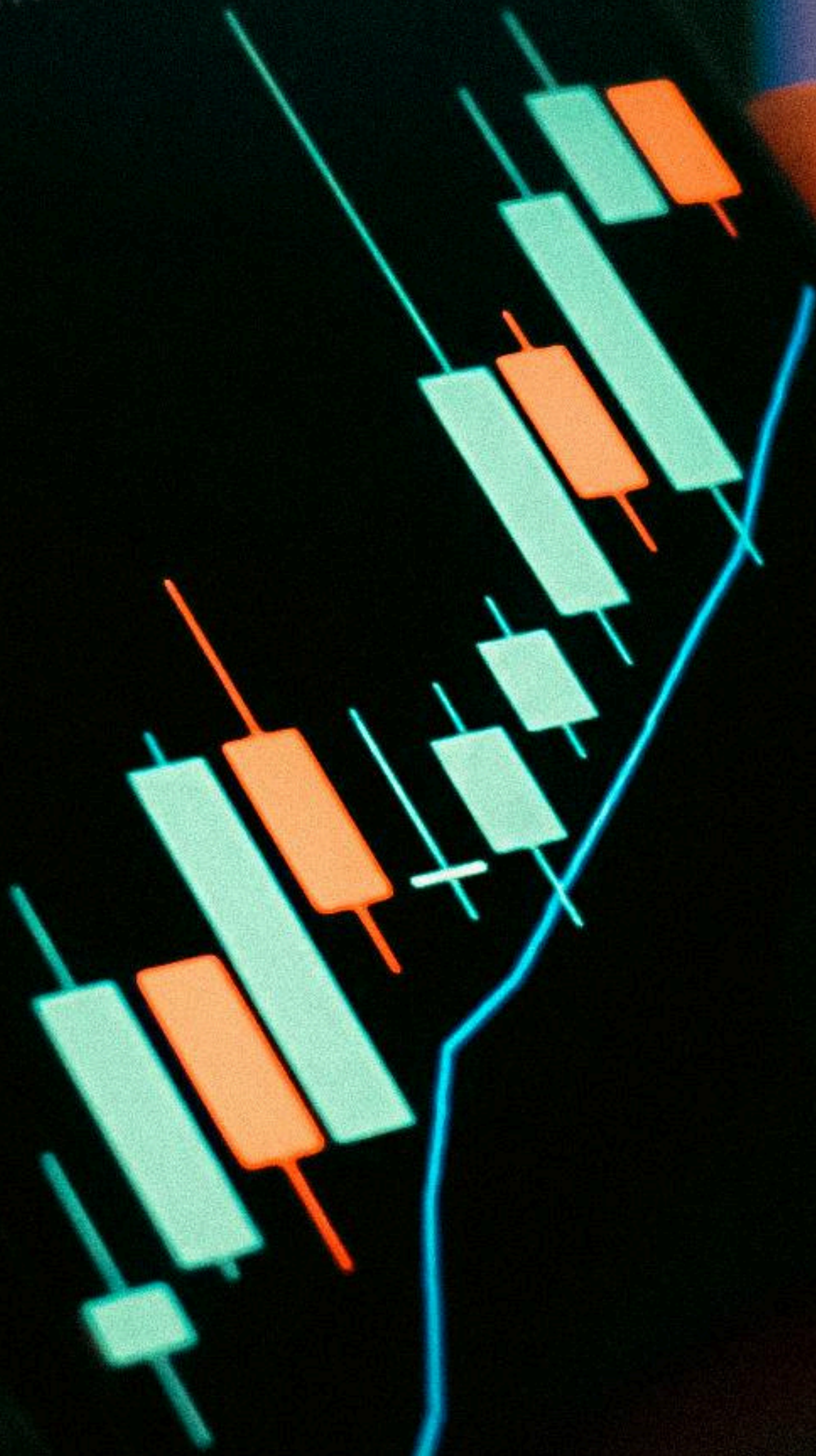


Stock market

Trader





Stock Market Trader



TIME:

10 to 15 minutes

INSTRUCTIONS:

Welcome to the world's first ever movement based stock exchange game. The stock exchange is based on buying and selling shares for profit. The difference in our game is that stock value is replaced by stock body weight exercise repetitions.

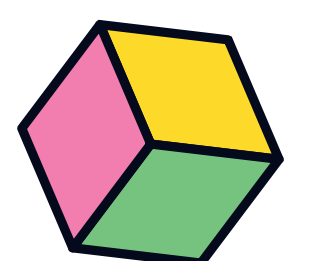
The game is quite simple. Each player or team needs a stock portfolio checklist. The teacher will set the clock for either 10 or 15 minutes. Teams need to complete as many of the set stock exercise reps as they can in the given time frame. The more reps they complete the higher chance they have to build their stock portfolio and win the overall game.

You will see on the team stock portfolio game card there are ten stocks and exercises. Each one has a different number of reps to complete. Once the team has completed the set reps, they receive 1 of those stocks for their portfolio. Teams can choose to complete the same reps, or they can choose to spread their portfolio by completing different exercises.

How the values work, and this is why we love this game; comes down to the roll of the dice. So it's all luck. At the end of the set time, the teacher will roll the dice for each stock value. If the teacher rolls a 1 the stock value is \$1000, if the teacher rolls a 6 the stock value is \$6000. Teams add up the total stock value giving them their overall stock portfolio.

We recommend that teams spread out their portfolio, completing a range of exercises, or they can take a risk and complete the easiest exercises. If their teacher rolls a high number for that stock/exercise, their portfolio will grow in value.

This game is an awesome movement game in the classroom, as well as a fun team building activity. Sharing the reps means the fittest players can complete more than the less fit participants. The best part is that it all comes down to the roll of a dice. This also adds an educational aspect to the game, where teams have to figure out their total stock portfolio worth.





Stock Market Trader



We have also included a blank game card; you can use the same game template, or add your own exercises depending on the lesson you are teaching. Alternatively, you could replace the exercises with questions relevant to your lesson. One correctly answered question equals 1 stock value. We love using this game as an energy break challenge in the classroom.

We also love all the possible learning outcomes, at the end of the game when students work together to come up with their total share portfolio. You can put this up on a chart, each week you play the same game for the same period of time. At the end of each week, teams add their total portfolio worth to their previous week scores. This is a great way to get students moving and working together, the more reps they complete as a team, the better chance they will have to achieve the highest share portfolio at the end of the class.

Stock Values:

Dice roll 1 = \$1000 per stock

Dice roll 2 = \$2000 per stock

Dice roll 3 = \$3000 per stock

Dice roll 4 = \$4000 per stock

Dice roll 5 = \$5000 per stock

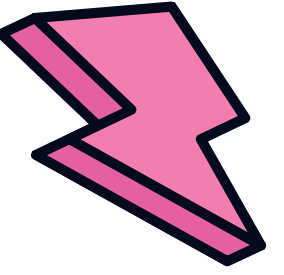
Dice roll 6 = \$6000 per stock

Teams stock portfolios:

Stock	Exercise & reps	End stock value
Facebook	50 Push ups	
Google	60 Sit ups	
Coca-Cola	100 Squats	
Apple	100 Lunges	
HSBC	40 Burpees	
Emirates Airline	80 Squat jumps	
Amazon	60 Leg raises	
Johnson and Johnson	80 Dips	
China Mobile	200 Plank jacks	
General Electric	150 Bicycle crunches	

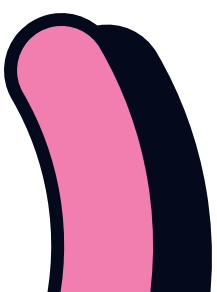
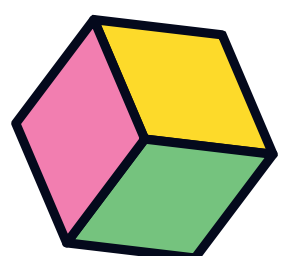


Stock Market Trader



Blank stock portfolios:

Stock	Exercise & reps	End stock value
Facebook		
Google		
Coca-Cola		
Apple		
HSBC		
Emirates Airline		
Amazon		
Johnson and Johnson		
China Mobile		
General Electric		



STOCK

EXERCISE



TOTAL

	50 PUSH UPS	
	60 SIT UPS	
	100 SQUATS	
	100 LUNGES	
	40 BURPEES	
	80 SQUAT JUMPS	
	60 LEG RAISES	
	80 DIPS	
	200 PLANK JACKS	
 General Electric	150 BICYCLE CRUNCHES	

STOCK

EXERCISE

TOTAL

		
		
		
		
		
		
		
		
		
 General Electric		