

Push Play 2

INSTRUCTIONS:

Write a list of dance or exercise movements to call out to students. You can also write them down individually on a piece of paper, laminate it and put them in a hat to pick out randomly. Write down movements such as jumping, sliding, step touch, walking around in a circle, or jumping jacks.

Create signs for remote control buttons like play, rewind, fast forward, pause, stop, & slow motion.

Next, spread the players out standing 6 feet away from each other.

The leader must first let the students know which movements to do, then call out the remote control buttons and hold the signs up to start the game.

Whichever student doesn't do the correct movement based on the remote control buttons has to sit out. The last student standing wins.

CONTROL MEANINGS:

Play - start the movement

Rewind - do the movement going backwards

Pause - Do the movement in place

Fast forward - move quickly

Stop - freeze

Slow motion - move very slowly

