

This activity is similar to the traditional game of “Simon Says.” The facilitator will call out various movements while students swing. Students attempt to perform only the movements preceded by, “Ms. Wells says....” However, this version varies in that children count the number of times they perform a movement that is not preceded by “Ms. Wells says,” rather than sitting out. Possible movement commands: Swing while extending your right leg; slow down; move right hand up the chain; slide your left hand up and down the chain; pump legs hard; pump only your left leg; pump arms soft, etc. Allow students with the least number of mistakes to be the leader for the next game.

Play Element: Swinging

NASPE Standards

#1, #2, #3, #4, and #5

Benefits

- Develops aerobic fitness and upper-body muscular endurance
- Utilizes weight transfer and flow movement qualities
- Teaches the importance of rule adherence, honesty, and listening in game play

Teaching Tips

- Occasionally ask children to shout out their total number of mistakes.
- Position yourself where all children can be viewed.

Safety Tips

- Ensure that there is sufficient playground safety surfacing under and around the swings.
- While swinging, children should hold on with both hands at all times.

Variations

Easier | Encourage kids to close their eyes and just focus on the commands.

More Challenging | Give commands faster in an attempt to fool children. Give two-or three-step commands.

Adaptations | Children can be given commands such as “pick out a swing,” “get on the swing,” or other basic moves.

