

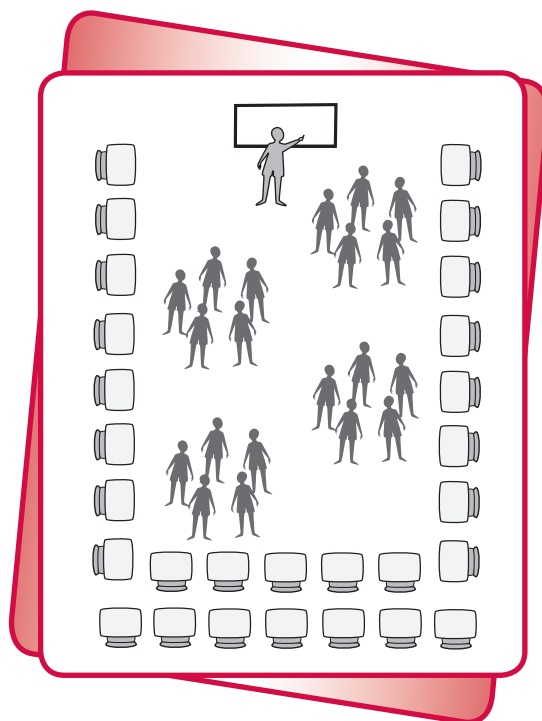
NON-ELIMINATION SIMON SAYS

Ready

- No equipment needed

Set

- Students in groups of 4-5.
- Write 10+ physical activities on the board for all to see (e.g., jumping jacks, high-knees march, imaginary jump rope, stand on 1 foot, jump up and down, various stretches, lunges, push-ups, twists, squats, etc.).
- In K-2 classrooms, we recommend that the teacher (or other adult) start as “Simon” for the entire class. In 3-6 classrooms, we suggest selecting 1 student per group as “Simon.”



GO!

1. Today's Classroom ASAP is called *Non-Elimination Simon Says*. The object is to do exactly as your leader says, but only after they say “Simon Says.”
2. Leaders, keep your group moving by naming a variety of physical activities. If you run out of ideas on your own, look at the board for more.
3. If you do an activity without the leader first saying, “Simon Says,” move yourself to another group. (*Give a direction like clockwise or counter-clockwise to help students know how to rotate from group to group.*)
4. I will signal when it's time to change “Simons” (leaders). (*Change leaders every minute or so.*)
5. **Challenges**
 - How long can you stay in 1 group before having to move on to another group?
 - As a leader, can you increase your group's heart rate?
 - **1 Class, 1 Leader** – I will choose 1 leader to lead the whole class. After 3 moves, I'll call on a new leader. How long can you go without making an error?
6. **Teaching Tip**
 - Watch for movement. If groups seem to be just standing, take on the role of “Simon” for a minute or so to provide a good model.