

HIT RECORD

Players get active and have fun in this popular Recess Enhancement Program (REP) game, Hit Record.

HIT RECORD

Who: Grades K-5

Players: 10+

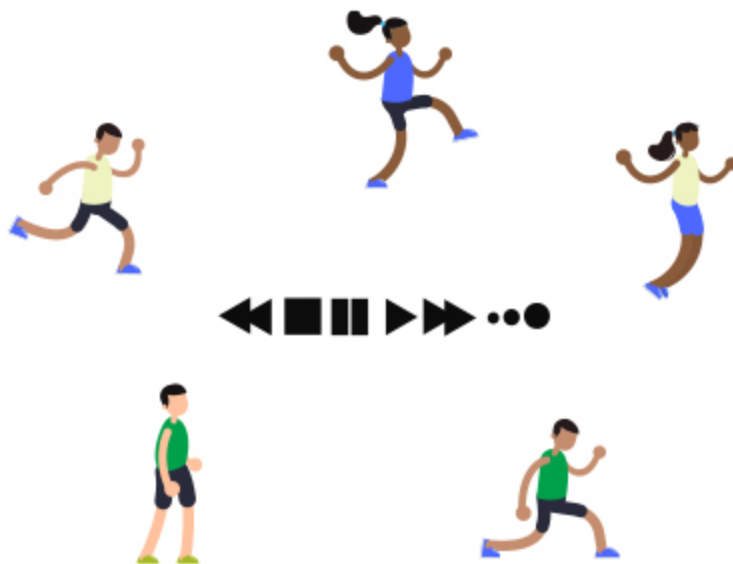
Time: 10 minutes+

Where: Auditorium, cafeteria, gymnasium, hallway, playground

Equipment: None

HOW TO PLAY

- Players spread out standing 6 feet away from each other.
- The leader calls out controls that you would find on a video camera (play, stop, rewind, fast forward).
- Each control has a related activity that players have to perform.
 - Play – walk around
 - Rewind – walk backward
 - Pause – jump
 - Fast forward – run
 - Stop – freeze
 - Slow-motion – slow movement
- If a player messes up, he or she does five jumping jacks, then rejoins the game.



CHECK FOR UNDERSTANDING

- When the leader says, "play," what do you do?
- When the leader says, "pause," what do you do?

GAME TIP

- Demonstrate for players.

CONFLICT RESOLUTION TIP

- Have players help you lead the game.

PLAY: REP IT OUT

Easy: Play and stop

Medium: Pause and rewind

Hard: Fast forward and slow motion