

SLOW MOTIONS

Fastest is not always best, especially in this Recess Enhancement Program (REP) game, Slow Motions.

SLOW MOTIONS

Who: Grades 3-8

Players: 5+

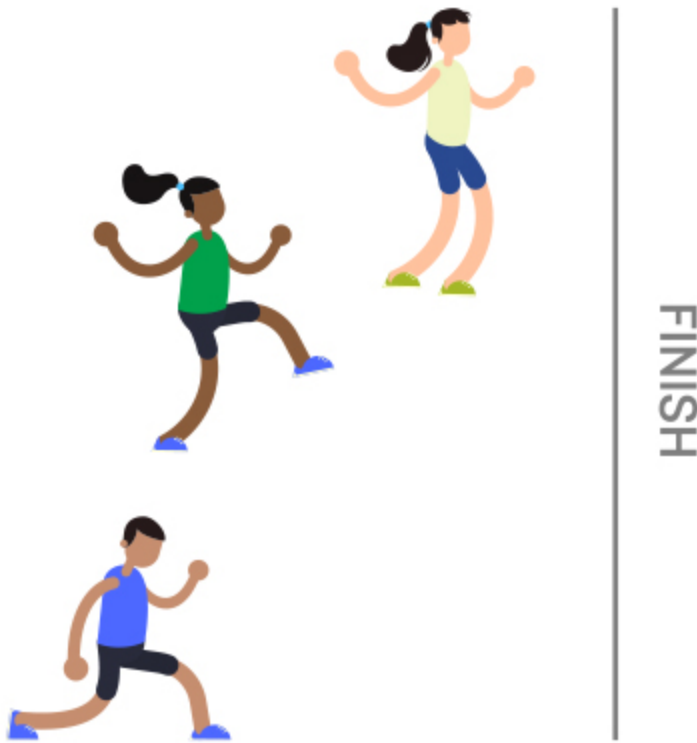
Time: 10 minutes+

Where: Auditorium, cafeteria, classroom, gymnasium, hallway, library, playground

Equipment: Cones

HOW TO PLAY

- Players line up standing 6 feet away from each other. Players are all going to be racing one another...slowly!
- Each player stands on the starting line! The finish line is the opposite end of the play space.
- The leader will be the starter and the judge. He or she will give players a motion to do, and players will attempt to do it as slowly as possible while moving to the finish line.
- Players keep moving but not too quickly! If a player moves too quickly for the judge, stops moving, or loses balance, he or she will be asked to freeze and do an activity in place for 5 seconds.
- The first player to cross the finish line is the winner!



CHECK FOR UNDERSTANDING

- Who is the judge?
- What happens if a player moves too quickly, stops moving, or loses balance?

GAME TIP

- Mix up the movements to keep the game fresh and to help players exercise different muscles in their bodies.

CONFLICT RESOLUTION TIP

- Have only one judge and make sure he or she remains consistent.

PLAY: REP IT OUT

Easy: Players run in slow motion.

Medium: Players skip in slow motion.

Hard: Players lunge in slow motion. The last player to cross the finish line wins!