

# Simon Says

- Remind children about the rules of 'Simon Says'.
- They should only do the action if 'Simon Says' is said before the instruction.
- They should not do the action if 'Simon Says' is not said.
- Give children a range of aerobic and stretching activities to warm their bodies and muscles up.
- Alternate between 'Simon says...' followed by the action, and just shouting an action.
- Some actions you could use are:

**Jog on the spot.**

**Run around the room, changing directions.**

**Skip around the room.**

**Touch your toes, keeping legs straight.**

**Five tuck jumps on the spot.**

- You could ask a child to be Simon and allow them to give out the instructions.



# Jog on the spot



# Lift knees high



# Run



# Skip



# Touch your toes



# Five jumps on the spot

