

BEAT THE CLOCK

Cut each of these statements into strips and hand out randomly. Feel free to modify to meet your needs by adding/subtracting strips. Children can try to beat their time by playing a few times in a row, or once a day over the course of a week. You can mix up the strips in between rounds if you think they are getting the hang of it. You have to say, “On your mark, get set, go!” in order to start the game.

BEAT THE CLOCK – for physical activity

When you hear someone say “On your mark, get set, go!” stand up and do 3 jumping jacks.

When you see someone stand up and do 3 jumping jacks, clap your hands five times.

When you hear someone clap their hands five times, run over and shut off the lights.

When someone runs over and shuts off the lights, hop on one foot 4 times.

When you see someone hop on one foot four times, stand up and touch 3 people’s heads saying “Duck, Duck, Duck” and then return to your seat.

When you see someone touch 3 people’s heads and say, “Duck, duck, duck” and then they return to their seat, you are going to yell, “Goose” and run completely around the room one time and end up back in your seat.

When you hear someone yell “Goose” and run completely around the room, run over and turn the lights back on.

When you see someone turn the lights back on, go over to any adult in the room, shake his/her hand and say “Thanks for being with us today.”

When you see someone shake hands with an adult and hear them say, “Thanks for being with us today,” stand up and touch your toes 3 times, reaching up high in between each touch.

When you see someone stand up and touch their toes 3 times, stand up and snap your fingers 5 times.

When you hear someone snap their fingers 5 times, stomp your feet 8 times.

When you hear someone stomp their feet 8 times, go over to someone sitting far away from you and say, “Can we please switch seats for now?” Take their seat and they should go and sit in your seat.

When you see two people switch seats, knock on a table or wall 3 times.

When you hear someone knock on a table or wall 3 times, say, “Everyone please stand up and do 5 large arm circles and then be seated.” (Make sure that you do it with them.)

When you see the entire group stand up and do 5 large arm circles, stand up and pretend that you are swimming.

When you see someone stand up and pretend that they are swimming, stand up jog in place with high knees for 5 seconds.

When you see one person jog in place with high knees for 5 seconds, stand up and say, “Everyone should now please stand up and jog in place with high knees for 5 seconds and then be seated.”

When you see the whole class (not just one person) jog in place with high knees for 5 seconds and sit back down, go over the two people who switched seats and say, “You can both return to your original seats now.”

When you see the two people who switched seats earlier go back to their original seats, stand up and pretend you are jumping rope for 5 seconds.

When you see someone pretend to be jumping rope for 5 seconds, stand up, take a bow and say, “The End.”