

## Who's the Leader?

1. To start, form a circle in the middle of the room or wherever you can find some space. The game even works circled around a group of desks if you are short on space.
2. Explain that there will be one leader and one detective in each round.
3. The leader will execute different exercises, changing it up every 3-4 seconds. You can use jumping jacks, squats, cross crawls, sky punches, jogging in place, etc.
4. Everyone in the circle must follow the leader's movements.
5. Start with 3 exercises the leader can choose from then increase the number as the game progresses. Choose one person to be the detective and have them leave the room. The leader will work with the class on the movements.
6. Send the detective in when the class is ready and they get 3 chances to guess the correct leader.

## Up, Down, Stop, Go!

1. Have all students stand where they have a little bit of space. In a crowded classroom, behind their desks with chair pushed in works fine.
2. Explain that you (the instructor) are going to say either Up, Down, Stop, or Go. And that they (the students) must do the opposite of what you say.
  - Up = Squat
  - Down = Stand up arms raised
  - Stop = Run in place
  - Go = Freeze
3. If a student makes a mistake have them do five of a specific exercise then join back into the game.

## More Indoor Recess Resources:

- [Playworks.org/playbook](http://Playworks.org/playbook)
- [Movetolearnms.org](http://Movetolearnms.org)
- [Cosmickids.com](http://Cosmickids.com)
- [Adventuretofitness.com](http://Adventuretofitness.com)

## Choose a Fitness Instructor!

Designate an aerobics instructor and have them choose exercises for the class. Get those muscles burning with:

- Squats
- Lunges
- Jogging in Place
- Arm Circles
- Ski Strides
- Jumping Jacks
- High Knees
- Hop on one or both feet

## Do students love free choice?

Indoor recess can be a great time to let students explore manipulatives, play on computers, or get out the legos. Get kids active for part of recess and then allow them to participate in another activity that they enjoy.

