

Take Action

Group Size: Any Size, Space Allowing

Key Stages: KS1, KS2, KS3, KS4, KS5

Team Building Skills: Concentration, Following Instructions,
Speed

Equipment: No Equipment



Take action is the perfect activity to energise your group.

Firstly the group will need stand in two lines with each person facing a partner. This will be a approx a meter apart. Next the instructor starts to introduce introduce actions that correspond to numbers. For example number one will be to do a two handed high five with your partner. Each time the instructor calls out one this action must take place. This can be practised a few times before you move on.

In stage two the instructor can start to add more actions with corresponding numbers. Two could be to crouch down

These can be mixed in with any previous actions such as the double handed high five. These can be called in any order with the next action sometimes being the same as the last. Three could be to turn around 360 degrees. This list of commands can be extensive.

Should the instructor wish to introduce a competitive nature to this exercise then this is easily added. Firstly a pair could be eliminated for one or both of them not doing the correct action fast enough. Secondly a pair can be eliminated if the incorrect action is done. For example the instructor could have introduced action four which could be a jump in the air. If someone crouches down by mistake that pair would be eliminated.