

<h2>Simon Says</h2>	<p>Time 20 minutes</p>	<p>Facility</p> <table border="0"> <tr> <td><input checked="" type="checkbox"/> Classroom</td> <td><input checked="" type="checkbox"/> Multipurpose</td> </tr> <tr> <td><input checked="" type="checkbox"/> Gymnasium</td> <td><input checked="" type="checkbox"/> Outdoors</td> </tr> </table>		<input checked="" type="checkbox"/> Classroom	<input checked="" type="checkbox"/> Multipurpose	<input checked="" type="checkbox"/> Gymnasium	<input checked="" type="checkbox"/> Outdoors
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<p>Equipment None</p>		<p>Physical Activity Level</p> <table border="0"> <tr> <td><input checked="" type="checkbox"/> Moderate</td> <td><input type="checkbox"/> Vigorous</td> </tr> </table>		<input checked="" type="checkbox"/> Moderate	<input type="checkbox"/> Vigorous		
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<p>Safety</p> <ul style="list-style-type: none"> Remind students to be cautious when moving and to be aware of the personal space of others. 							
<p>Warm-up</p> <ul style="list-style-type: none"> Have students work in groups of 3–5, lining up one behind the other. Have the first student in each group lead the group around the activity area using a variety of movements. Change the group leaders every 30 seconds, and have the speed progressively increase (e.g., slow walk, walk, speed walk, jog). Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). <p>Activity: Simon Says</p> <ul style="list-style-type: none"> Have students form two groups at opposite ends of the activity area with one leader for each. A student for each group will give a variety of commands, beginning with “Simon says.” The students do the movement commanded only if the words “Simon says” are used. If you or the leader say “do this” or give another command without saying “Simon Says,” the students do not copy the movement. Give, or have the leader give, a variety of commands to perform vigorous movements (e.g., “Simon says do 15 jumping jacks”), while demonstrating the movements. Have students who move at an inappropriate time or do an incorrect movement move to join the other group at the opposite end of the room and continue following the commands given by the other leader. <p>Cool-down: Windstorm</p> <ul style="list-style-type: none"> Have students walk around slowly pretending they are trees blowing in the wind, using their arms as branches. Students start in a big windstorm in which branches break, and finish as the wind stops blowing. Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). 							
<p>Variations</p> <ul style="list-style-type: none"> Vary the movements from moderate to vigorous. Have four leaders around the classroom, and have students move in a clockwise direction from one circle to another. 							
<p>Notes for Teachers</p> <ul style="list-style-type: none"> Discuss with students the various movements that make their hearts beat faster. 		<p>Planning Notes and Reflection</p>					