

Big Body Snap - Levels C & D

PLAY

A high-energy partner game that develops coordination, focus, and teamwork. Students practise jumping into different foot positions, reacting quickly when they match with their partner, and building physical awareness through fun and play.



Learning Intentions

Improve coordination and body control:

Students aim to jump and land in different foot positions with balance.

Strengthen teamwork and communication:

Students aim to say "jump" together with their partner and work as a team.

Build focus and quick reactions:

Students aim to notice when they and their partner land in the same position and respond quickly.



Success Criteria

I can land in the correct position after each jump.

I can say "jump" at the same time as my partner.

I can shout "snap" when my partner and I land in the same position.



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Duration: 5–8 minutes

Objective

A high-energy partner game that develops coordination, focus, and teamwork. Students practise jumping into different foot positions, reacting quickly when they match with their partner, and building physical awareness through fun and play.

Players

- Best played in pairs
- Suitable for the whole class split into pairs

Materials

- No equipment required
- Safe space for students to move and jump

Setup

- Pair up students and have them face each other about one metre apart.
- The teacher explains the five possible foot positions (see below).
- Model how to call “snap” when both land the same way.

Gameplay

1. Start Jumping

- Students jump every two seconds.
- Each time they land, they say “jump” together.
- Encourage big, clear movements and loud voices.

2. Foot Positions

- **Wide Stance:** Feet apart, shoulder-width.
- **Splits:** One foot in front of the other.
- **Together:** Both feet close together.
- **Left Single:** Balance on the left foot.
- **Right Single:** Balance on the right foot.

3. Calling “Snap”

- When both land in the same position, the first to shout “snap” and tag their partner earns **1 point**.

4. Continue Playing

- Keep jumping and calling out “jump.”
- Play until one student reaches **5 points**.

5. Rotate Partners

- After a round, students swap partners and play again.



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Debrief / Reflection

Ask students:

- "Which foot position was easiest? Which was hardest?"
- "How did it feel to match with your partner?"
- "What helped you stay focused?"

Variations

- **Fitness Edition:** After scoring a point, the winner chooses a fitness challenge (5 squats, 5 star jumps) for the partner to complete.
- **Team Edition:** Groups of two play against other pairs to see who can score the most points in a set time.
- **Outdoor Edition:** Take the game outside for more space and bigger movements.

For Wheelchair Users / Accessibility

- Replace jumps with **upper body movements** (arms wide, arms crossed, arms up, left arm out, right arm out).
- Partners still call out "jump" together.
- When both choose the same movement, the first to shout "snap" scores a point.
- Ensure all movements are safe and comfortable for every participant.

Notes for Inclusion

- Model each position slowly before beginning.
- Allow extra time for reaction if needed.
- Encourage students to cheer for each other and celebrate effort, not just points.
- Use visuals (picture cards for each stance) to support memory and understanding.

