

Big Body Snap Levels F-3

PLAY

A fun and active partner game that develops coordination, focus, and teamwork. Students jump into different foot positions, race to call out "snap" when they match, and practise quick reactions while having fun.



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 correctly in different positions.

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

I can recognise matches and call out "snap."



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Duration: 8–10 minutes

Objective

A fun and active partner game that develops coordination, focus, and teamwork. Students jump into different foot positions, race to call out “snap” when they match, and practise quick reactions while having fun.

Players

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

Materials

- No equipment required
- Open and safe space for movement

Setup

- Pair up students and have them face each other, about one metre apart.
- The teacher explains and demonstrates the five possible foot positions (see below).
- Make sure students understand how to call “snap” when they land in the same position.

Gameplay

1. Start Together

- Both players jump every 2 seconds.
- Each time they land, they say “jump” together in unison.

2. Foot Positions

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

3. Calling “Snap”

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

4. Scoring and Rotation

- Play until one student reaches **5 points**.
- Switch partners after each round to build connections and teamwork.



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Debrief / Reflection

Ask students:

- “Which position was easiest? Which was hardest?”
- “How did it feel when you matched with your partner?”
- “What helped you focus the most?”

Variations

- **Fitness Edition:** After a point, the winner chooses a fitness move (5 star jumps, 5 squats) for the partner.
- **Team Edition:** Teams of two pairs compete to see who scores the most snaps in a set time.
- **Outdoor Edition:** Play outside for more space, bigger movements, and louder celebrations.

For Wheelchair Users / Accessibility

- Replace foot positions with **arm movements** (arms wide, arms crossed, arms up, left arm out, right arm out).
- Students still call “jump” together to keep rhythm.
- When both choose the same movement, the first to shout “snap” scores a point.
- Ensure partners stay at eye level where possible to support inclusion.

Notes for Inclusion

- Use **visual cards** to support memory of each stance or arm movement.
- Model positions slowly before beginning.
- Allow extra response time when needed.
- Celebrate all efforts, not just points, to keep the focus on fun and inclusion.

