

Circle Swap - Levels C and D

STAY
ACTIVE

To build social connections, memory, and fitness by encouraging students to share names and personal facts while engaging in active movement.



Learning Intentions

Remember and share names:

Students aim to confidently say and remember the names of their peers and educators.

Connect through similarities:

Students aim to find out things they have in common with their peers.

Engage respectfully:

Students aim to listen, join in, and interact with their peers in a fun, active way.



Success Criteria

I can say my name clearly and share a fact about myself.

I can join in the physical movement and swap spots with energy.

I can listen and respond respectfully when others share.



Circle Swap - Levels C and D

STAY
ACTIVE

Duration: 10–15 minutes

Objective

To build social connections, memory, and fitness by encouraging students to share names and personal facts while engaging in active movement.

Players

- Whole class or small groups (10 or more is ideal).

Materials

- A spacious area for students to form a circle.
- Optional: a timer to rotate exercise movements.

Setup

1. Ask students to form a large circle with one person standing in the middle.
2. Ensure there is enough space for safe movement.

Gameplay / Activity Steps

Step 1: Introduce Yourself

- The student in the centre says their name and shares a fact about themselves (e.g., “I have a dog,” “I love pizza,” or “I play basketball”).

Step 2: Join the Action

- Anyone who shares that fact does the chosen exercise move (e.g., a jump in the air, a squat, or a star jump), calls out “Me too!” with their name, and swaps places with someone else who shares the same fact from across the circle.

Step 3: Swap and Repeat

- The centre player swaps spots with someone, and the new person in the middle shares their name and fact.
- The process repeats with each new centre student.

Step 4: Rotate Movements (Optional)

- Use a timer to change the exercise move every minute:
 - Minute 1: Jump high in the air
 - Minute 2: Squats
 - Minute 3: Push-ups
 - Minute 4: Tuck jumps
 - Minute 5: Star jumps



Circle Swap - Levels C and D

STAY
ACTIVE

Winning the Game

There are no winners or losers. Success is when everyone participates, learns more about each other, and enjoys moving together.

Variations

- **Large Groups:** Create two or more smaller circles to give everyone more chances to participate.
- **Fitness Edition:** Increase the challenge by adding higher-energy moves (e.g., burpees, mountain climbers).
- **Teamwork Edition:** Have pairs stand in the centre and share something together.

For Wheelchair Users / Accessibility

- Adapt the physical movements to seated-friendly options (e.g., arm raises, claps, or spins).
- Ensure the circle is wide enough for smooth movement across.
- Allow gestures or visual signals in place of physical swaps if mobility is limited.

Notes for Inclusion

- Accept sharing in different forms: spoken words, gestures, or drawings (on a card to show peers).
- Encourage students to cheer for each other when names and facts are shared.
- Use this game as a low-pressure way to build classroom community and belonging.

