

Left, Right, Up, Down – Levels C & D

PLAY

A fun, fast-paced decision-making game where players use directions (left, right, up, down) to challenge each other in an energetic and social way.



Learning Intentions

Enhance Physical Fitness and Coordination:

Students build coordination and agility by responding to directional cues with quick, engaging actions suited to their ability level.

Promote Quick Decision-Making:

Students strengthen their decision-making skills by reacting swiftly to simple, clear prompts in a fun and safe environment.

Foster Social Interaction and Teamwork:

Students practise turn-taking and encourage peers while playing in pairs.



Success Criteria

Active Engagement in the Game:

Students respond to directional cues with movement, gestures, or expressions that match the prompt.

Completion of Movement Challenges:

Students attempt simple activities (e.g., claps, taps, stretches) after each turn, showing effort and enjoyment.

Positive Social Interaction:

Students share turns fairly, celebrate each other's efforts, and show positive sportsmanship.

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Duration: 5–8 minutes

Objective

A fun, fast-paced decision-making game where players use directions (left, right, up, down) to challenge each other in an energetic and social way.

Players

- Played in **pairs**.
- Suitable for **small or large groups** with multiple pairs playing at the same time.

Materials

- No equipment required.
- For **Option Two**: clear open space (or adapted seated spacing).

Setup

- Students pair up.
- In **Option Two**, pairs begin 5–10 metres apart (or in facing chairs if mobility is limited).

Gameplay

Option One – Seated/Stationary Play

- **Direction Challenge:** Count down “3, 2, 1.” One player points left, right, up, or down. Their partner simultaneously moves their head, eyes, hand, or arm in one of the four directions.
- **Winning a Turn:** If the pointing direction matches the partner’s movement, the pointer wins. If not, swap roles.
- **Movement Reps:** Winner completes **5 reps** (e.g., claps, taps, stretches). Loser completes **10 reps**.

Option Two – Movement Play

- **Start Apart:** Pairs begin a short distance apart.
- **Meet in the Middle:** Players move toward each other and perform the direction challenge.
- **Return and Repeat:** If no winner, return to the start and try again.

Movement Challenge: Winner completes **10 movements**, loser completes **20** (adaptable to ability).

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Winning the Game

- No overall winner.
- Focus on **participation, laughter, and physical activity**.

Variations

- **Children's Edition:** Use animal actions or sounds instead of directions.
- **Fitness Edition:** Use more challenging movements like squats, push-ups, or jumps.
- **Team-Building Edition:** Groups combine pair results into a team score.

For Wheelchair Users / Accessibility

- Replace head movements with arm/hand signals, eye direction, or facial expressions.
- Instead of running, use wheelchair pushes forward/backward, arm reaches, or wheel taps.
- Reps can be adapted to clapping, shoulder shrugs, balloon taps, or stretches.
- Ensure pairs are positioned so both players can see each other clearly without strain.
- Focus on **enjoyment, interaction, and energy** rather than intensity.

Notes for Inclusion

- Allow both **verbal and non-verbal responses** (gestures, pointing, facial expressions).
- Provide **extra modelling or time** for students who need it.
- Pair students thoughtfully to support positive interaction.
- Emphasise **fun, effort, and encouragement** over accuracy or speed.



ARROW CARDS



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