

# 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

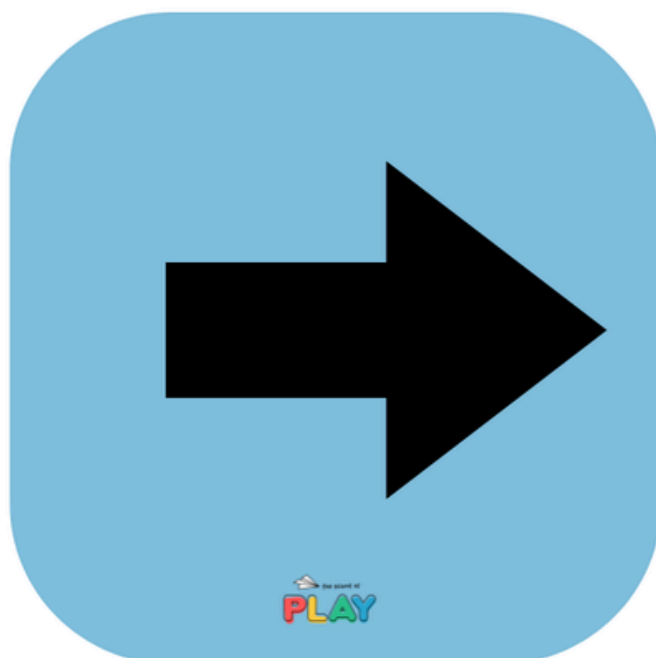
- Replace head movements with arm/hand signals, eye direction, or facial expressions.
- Instead of running, use wheelchair pushes forward/backward, arm reaches, or wheel taps.
- Reps can be adapted to clapping, shoulder shrugs, balloon taps, or stretches.
- Ensure pairs are positioned so both players 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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