

Left, Right, Up, Down – Levels F-3

PLAY

To develop listening, movement, and reaction skills in a playful and social way using simple directional commands.



Learning Intentions

Build Coordination and Body Awareness:

Students practise moving their heads, arms, or bodies in different directions (left, right, up, down).

Strengthen Focus and Listening Skills:

Students carefully listen and respond to simple, clear cues.

Encourage Social Connection and Fun:

Students play together in pairs or groups, sharing turns and celebrating each other's efforts.



Success Criteria

Listening and Responding:

Students move or gesture in the correct direction when prompted.



Movement Participation:

Students attempt the linked activity (e.g., clap, jump, stretch) after each round.

Positive Interaction:

Students take turns, smile, and cheer for their peers.

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Duration: 8–12 minutes

Objective

To develop listening, movement, and reaction skills in a playful and social way using simple directional commands.

Players

- **Pairs or small groups.**
- Suitable for whole-class participation with teacher-led prompts.

Materials

- No equipment required.
- Visual direction cards (arrows pointing left, right, up, down) are optional (found in PDF resource tab).

Setup

- Students spread out safely in a clear space, either standing or seated.
- The teacher demonstrates the four directions before play.

Gameplay

Teacher-Led Version

- The teacher calls out a direction: “Left, Right, Up, or Down.”
- Students quickly move their head, hand, or whole body in that direction.
- Add a movement challenge after each direction (e.g., clap, jump, tap, or stretch).

Pair Challenge Version

- In pairs, one student points to a direction while their partner responds with a matching movement.
- Swap roles after 3–4 turns.

Repetition and Fun

- Play 5–6 short rounds.
- Keep instructions lively and celebrate effort.

Winning the Game

- No overall winner.
- The goal is to **listen, move, and enjoy the activity together.**

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Variations

- **Animal Version:** Use “Hop like a frog left, stretch like a giraffe up.”
- **Fitness Version:** Add a squat for “Down,” stretch for “Up,” side steps for “Left/Right.”
- **Group Version:** Whole group responds together with laughter and cheering.

For Wheelchair Users / Accessibility

- Replace whole-body movements with **arm gestures, eye direction, or facial expressions.**
- Use **wheel taps, forward pushes, or hand stretches** instead of running or jumping.
- Adapt reps to clapping, shoulder shrugs, or high fives.
- Ensure space allows all students to see and join comfortably.

Notes for Inclusion

- Use **visual direction cards or gestures** to support understanding.
- Allow students extra time to respond.
- Celebrate every attempt, focusing on **effort and engagement.**
- Encourage pairs to use **clear signals** (pointing, saying direction, or showing on cards).



ARROW CARDS



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