

Lumps - Levels F-3

STAY ACTIVE

To develop teamwork, quick reactions, and energy by having students move in fun ways and quickly form groups of a specific number when called by the teacher.



Learning Intentions

Develop teamwork and collaboration:

Students aim to work with others to form groups quickly.

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Students aim to work with others to form groups quickly.

Enhance quick thinking and agility:

Students aim to listen carefully and react quickly to instructions.



Success Criteria

I can move safely and with energy during the game.

I can find the right-sized group when a number is called.

I can work together and include everyone in my group.

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Duration: 10 minutes

Objective

To develop teamwork, quick reactions, and energy by having students move in fun ways and quickly form groups of a specific number when called by the teacher.

Players

- Best for 8 or more students.
- Can be played with the whole class.

Materials

- No equipment needed.

Setup

- Clear enough space in the classroom, gym, or outside so students can move safely.
- The teacher explains the game rules and is the caller.

Gameplay / Activity Steps

Step 1: Move Around

- Students move around the space in fun ways chosen by the teacher (walk, skip, hop, tiptoe).

Step 2: Make a Lump

- The teacher calls out a number (e.g., "three!").
- Students quickly form a group (lump) of that number.

Step 3: Extra Students

- If someone can't find a group, they do a fun challenge before rejoining, such as:
 - 3 star jumps
 - Clap and say "good job!"
 - Count backwards from 10

Step 4: Repeat

- Students move again in a new way.
- The teacher calls another number.
- Students form new groups.

Step 5: End the Game

- Continue until time is up or several rounds have been played.
- Everyone celebrates working together.



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Reflection Prompts

- “How did we help each other to make groups?”
- “What was your favourite way to move?”
- “Why is it important to listen carefully in this game?”
- “How could you show kindness during this game?”

Winning the Game

- Everyone is a winner by joining groups, moving, and working together.

Variations

- **Friendship Edition:** After forming groups, students share one thing they like (e.g., favourite food or colour).
- **Fitness Edition:** Add a fitness move (e.g., 3 squats, 5 high knees) after each group is made.
- **Outdoor Edition:** Play outside with running, galloping, or skipping for extra space and energy.

For Wheelchair Users / Accessibility

- Swap movements for accessible options (e.g., rolling, clapping, arm circles).
- Students can show group membership with gestures (e.g., raise a hand, wave) instead of moving quickly.
- Ensure everyone is included in the groups.

Notes for Inclusion

- Encourage students to invite others into their groups so no one is left out.
- Accept all ways of moving (slow, small, big, or creative).
- Celebrate teamwork and kindness as much as speed.