

# **SPEED and FREEZE GAMES**

## **1. Making the fishing net**

Students start to catch another student and they become a net. Then they need to catch another student to become a bigger net. In the end, no more students left.

## **2. Body Parts**

Three to four students in a group. Start from one student B standing on one side, the rest on the side. When the teacher calls a body part, student A needs to run to their group mate B who is standing in the middle, tap on their body part, then student A becomes the middle person and student B can run back to the side. Student C continues with the next body part's name and so on.

## **3. Drop the Handkerchief**

A player is chosen to be "it" and given a handkerchief. ...

The "it" starts walking clockwise around the circle singing the happy birthday song.

If "it" succeeds to sit in the spot without being tagged, the player with the handkerchief becomes "it" and the game continues in the same manner.

## **4. three-legged race**

Students get into pairs. The pairs must stand next to each other, tying one of their legs to their partners to create 3 'legs' between the pair. On go, the pairs race to see who can end up at the ending point first.

Then we try students in 3 as a group.

Then we try students in 6 as a group.

Then we try girls vs. boys.

## **5. Traffic Light**

Red light: children must stop and freeze where they are. Amber light: children must stop and yell 'vroom, vroom'. Green light: children must pretend to drive and steer a car. Traffic jam: children must stand and freeze in a straight line.

## **6. Oh sit! Extreme Musical Chairs**

Play the music and have the students walk around the perimeter of the chair circle. When the music stops, everyone must immediately sit in a chair. The one person left standing is out. Remove another chair and continue until only one person is left.