

# 2020 GO TEAM GAMES



## MUSICAL SPOTS

**Space Needs:** Medium to large room indoors or outdoors. If playing with your family, encourage proper hand hygiene before and after the game. If playing with members outside your family, make sure to social distance in a well-ventilated space, follow mask guidelines, and take part in hand hygiene before and after the game.

### Materials:

- CD player or phone/tablet with upbeat music.
- Rubber floor spots or cones (or any other space marker like a chair or stool)

**Objective:** Kids will learn fun ways to move by following the leader around the spots when the music plays and practicing the new movements on their spot when the music stops.

**Set-Up:** Spread the spots or markers across a field or open space. Place them as far apart as possible.

### Steps:

1. Tell your kids that this game is like musical chairs. Ask: "How many of you have played musical chairs before?"
2. Tell your kids that when the music plays, they will move around the spots as directed, using different movements such as skipping, hopping, running, crawling, crab-walking, marching, etc.
3. Tell kids that when the music stops, they should find a spot, look at the leader, and listen for instructions.
4. Ask: "Are you ready to begin? Ok, 5-4-3-2-1 Go!"
5. Start the music, and begin walking around the spots, encouraging the kids to follow along. Stop the music and tell the kids to run and find a spot.
6. Tell the group: "Ok, watch me. We are going to do ten big circles with our arms." Have the group count out loud as they complete the arm circles.
7. When they finish, start the music again. This time move around the spots by skipping.
8. During each round, model different activities (running in place, jumping jacks, toe touches, burpees, etc.) Tell the kids to copy your movements.
9. Continue the same procedure for the desired number of rounds, changing the physical activities to mix it up.
10. During the last few rounds, ask "Does anyone have an idea of what we should do on the when the music stops?" See if they kids can come up with their own unique movements to share with the group.

**Debrief:** Ask these questions to your kids to close out the game.

- *What other activities can you do to be active?*