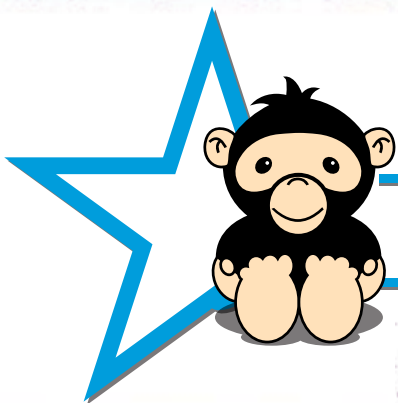


# **A Healthy Active Lifestyle and Your Muscular System**

**Simon Says**



**A-PE**



# Simon Says



## Task Instructions

1. Clear the room of tables and chairs and ask the students to stand in a circle. Alternatively they can stand behind their chairs.
2. A gifted and talented student may be chosen as “Simon” or the teacher may take this role.
3. To get the students to follow the movement command “Simon says.....” must be said before the direction.
4. Students then have only two seconds to follow the required command.
5. If the students make an incorrect movement or delay for too long they lose one life. Each student has 3 lives.
6. Equally if “Simon says...” is not said before the direction and they move they also lose a life.

## Variations/Extensions

1. Gifted students can write their own movement terminology commands.
2. Instead of doing it as a whole class have a few differentiated table games (instructions are hard to easy)
3. Bring in some other topics such as skeletal and bones.

## The Learning

1. This activity appeals to kinesthetic learners and wakes the class up.
2. Learning pathways in the brain are reinforced and ingrained between body and mind.
3. Students become familiar with terminology being used in context.





# Simon Says

## Simon Says Commands (Don't say the information in brackets!)

### Easy

1. **Flex your biceps.**
2. **Point to your quadriceps.**
3. **Contract your abdominals.**
4. **Point to your gluteals.**
5. **Extend and contract your triceps.**
6. **Contract both quadriceps powerfully. (Jump)**
7. **Contract your deltoid to create rotation.**

### Moderate

8. **Point to your pectoral muscles.**
9. **Contract your gastrocnemius (they should point their toes)**
10. **Contract your gluteals to create rotation.**
11. **Flex your biceps and hamstrings.**
12. **Point to your latissimus dorsi.**
13. **Point to your trapezius.**
14. **Contract your trapezius (they should rotate the shoulder)**

### Hard

15. **Point to the muscle that contracts to create a kicking movement. (Quadriceps)**
16. **Point to a muscle that rotates, abducts, adducts, flexes and extends the shoulder. (Deltoid)**
17. **Point to a muscle that rotates the hip. (Gluteals)**
18. **Point to the muscle that plantarflexes the ankle. (Gastrocnemius)**
19. **Point to the muscle adducts, rotates and extends the shoulder. (Trapezius)**
20. **Move an antagonist muscle pair back and forth. (Biceps and triceps or hamstrings and quadriceps)**
21. **Point to the main muscle used when bowling in cricket.**