

Copy the call

Time: 10 minutes

Activity

Partner/group

- One person calls out a type of movement and players act out the movement in short bursts.
- A leader calls out an activity to be done on the spot, such as, run on the spot, hop on left leg 10 times, do 5 burpees, 12 star jumps, 6 push-ups, 7 lunges. Activities vary depending on skills and abilities.
- Repeat for a set time frame or number of repetitions.
- Change the leader role after each activity, so that everyone has a turn.



Equipment

- An open space with enough room so participants don't bump into one another.

Activity variations

- Modify the number of times/duration of each activity to suit skill level and ability.
- Call out more than one activity at a time.
- Set a specific order in which the activities must be completed.
- Race a partner to complete the challenge.
- Add a shuttle run between activities e.g. do 5 star jumps then run to a cone and back, complete 5 sit-ups then run to a cone and back, and so on.