

Simon Says, Warm Up Activity Card

Remind children about the rules of 'Simon Says'.

- They should only do the action if 'Simon says' is said before the instruction
- They should not do the action if 'Simon says' is not said.
- Give children a range of aerobic and stretching activities to warm their bodies and muscles up.
- Alternate between 'Simon says...' followed by the action, and just shouting an action.
- You could ask a child to be Simon and allow them to give out the instructions.

Jog on the spot



Lift knees up



Run



Skip action



Touch your toes



Five jumps on the spot



Hands up

