

MOVEMENT CHAIN

OBJECT OF THE GAME:

Complete all of the movements in the correct order!



WHAT YOU'LL NEED:

- 2 or more players
- Playing space large enough to move!



INSTRUCTIONS:

Setup: Before starting the game, group players into a circle facing each other.

Playing the Game: One player will start the game by performing a movement (ex: 2 jumping jacks.) The second player would then complete the 2 jumping jacks and add their own movement (ex: 2 jumping jacks and a spin.) The game will continue in the same fashion with additional players. If a player forgets a movement, they're out. The last player to complete all of the movements successfully, wins!

