

OPPOSITE GAME

GRADES: 1-6

FORMATION: Standing in their own personal space

EQUIPMENT: Flashcards (provided with activity)

LEARNING OUTCOMES: LANGUAGE ARTS: Listening skills

SAFETY CONSIDERATIONS: Remind participants to be cautious when moving and to be aware of the personal space of others. Check that the participants have enough space to perform the activities safely.

RULES/DIRECTIONS:

Print and cut out the opposite cards listed below or use any of your own words that you may be learning. To play the game you simply spread the cards face-down on a table.

Teacher flips over a card. Once you flip over a card, the first student to say what the right opposite word gets the point. Remind students that some words have more than one meaning so if your first guess is not right you should try again. You can play with everyone on the same team for younger grades or for the older grades you can split the class up into two teams and keep score. After each round make sure and have the class do so many reps of any exercise move.

Example:

Student flips over the card 'attack'.

Student says, "Defend is the opposite of attack."

Sample Exercises-

Toe touches, Bicep Curls, Knee Lifts, Jumping Jacks, Sit Ups, Push Ups, Heel Jacks, Skipping, Knee Touches, Bicep Curls/Heel Jacks, Squats, Lunges, Shoulder Presses, Jumps to the Sky, Twist, Calf Raises, Run On The Spot, Kicks, Squat Jumps

Soft

Hard

Shallow

Deep

Attack

Defend

Near

Far

worst

best

first

last

open

close

put on

take off

buy

sell

true

false

right

left

find

lose

heavy

light

catch

throw

fast

slow

hurt

heal

war

peace

north

south

east

west

high

low

turn on

turn off

break

fix

like

hate

save

spend

frown

smile

greedy

generous

go

come

easy

hard

lazy

hardworking

dark

bright

real

fake

right

wrong