

Participants role play various sports and activities and warm up their bodies in the process.

Setup

- Participants spread out in the playing area with a good view of you.



Instructions

- Call out a specific sport and participants must demonstrate the action for 15 to 30 seconds.
- For example call out “ice skating” and participants skate around, or “boxing” and participants move their feet quickly as they throw imaginary punches toward a wall.
- Continue to call out sports and the participants model the actions.
- You can have participants come up with the list before the activity.

Cues

- Use your imagination.