



# Opposites In Action

## How to play:

- The objective of this activity is for students to identify word opposites.
- As teacher and class recite the song and opposite pairs, they perform the action. (The chorus is repeated between each new set of opposites while the class is jogging.)
- Class continues until 10 minutes of physical activity have been completed.

## Beginner:

- Teacher starts by teaching the chorus to the class. Class practices chorus while jogging.
- Teacher starts with "I say **UP**, you say **DOWN**."
- As teacher starts with **UP**, the class (and teacher) stay up. As class recites **DOWN**, the class (and teacher) squat down. NOTE: Teacher and students do the actions together. (Continue through with this pair as indicated.)
- Repeat chorus while jogging. Then pick a new opposite pair and action after chorus.

## Intermediate:

- Play game as described above. This time, when teacher starts with "I say **UP**, you say **(DOWN)**," the students should recite the correct opposite. Then continue as above.

## Advanced:

- Play same as above. Find new opposites that can be acted out.
- Variation: While reciting the CHORUS, substitute other actions for jogging such as alternating forward kicking, marching, the twist, jumping, etc.



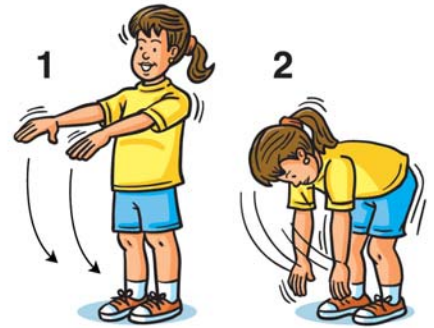
## How Health Smart Are You?

1. This is the part of my body that helps me to taste food.
2. What do you need to drink on a hot day when you are outside playing?

# Opposites In Action

CHORUS: It's good, it's good,  
to keep your body moving.  
It's good, it's good,  
to keep your body moving.

(While jogging in place)



Teacher: I say UP, you say DOWN

Teacher: UP

Class: DOWN

Teacher: UP

Class: DOWN

Teacher: Now I say DOWN, you say UP

Teacher: DOWN

Class: UP

Teacher: DOWN

Class: UP

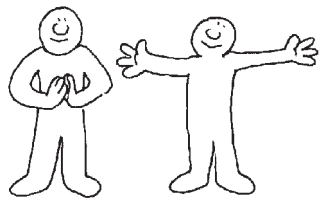
REPEAT CHORUS



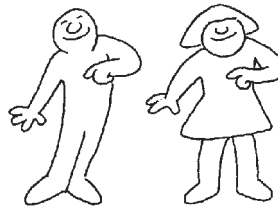
UP / DOWN



IN / OUT



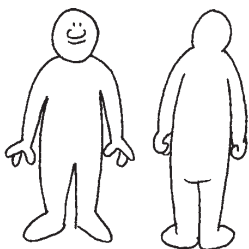
BOY / GIRL



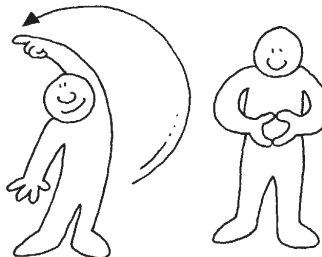
WET / DRY



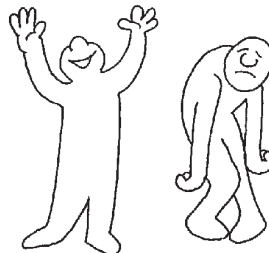
FRONT / BACK



BIG / LITTLE



HAPPY / SAD



YES / NO

