



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.



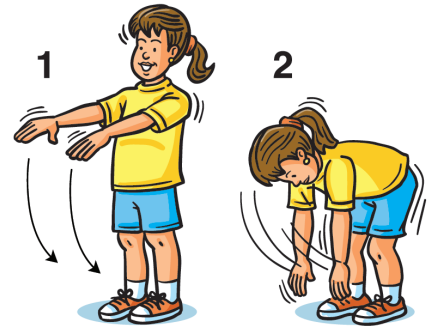
How Health Smart Are You?

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

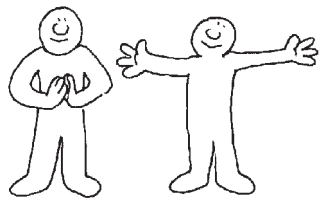
REPEAT CHORUS



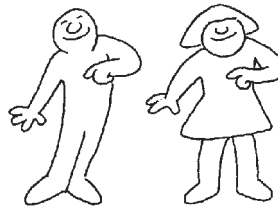
UP / DOWN



IN / OUT



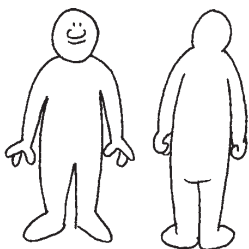
BOY / GIRL



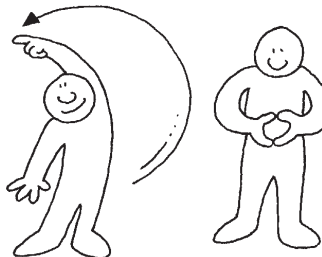
WET / DRY



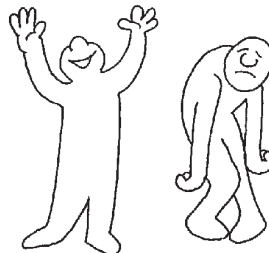
FRONT / BACK



BIG / LITTLE



HAPPY / SAD



YES / NO

