

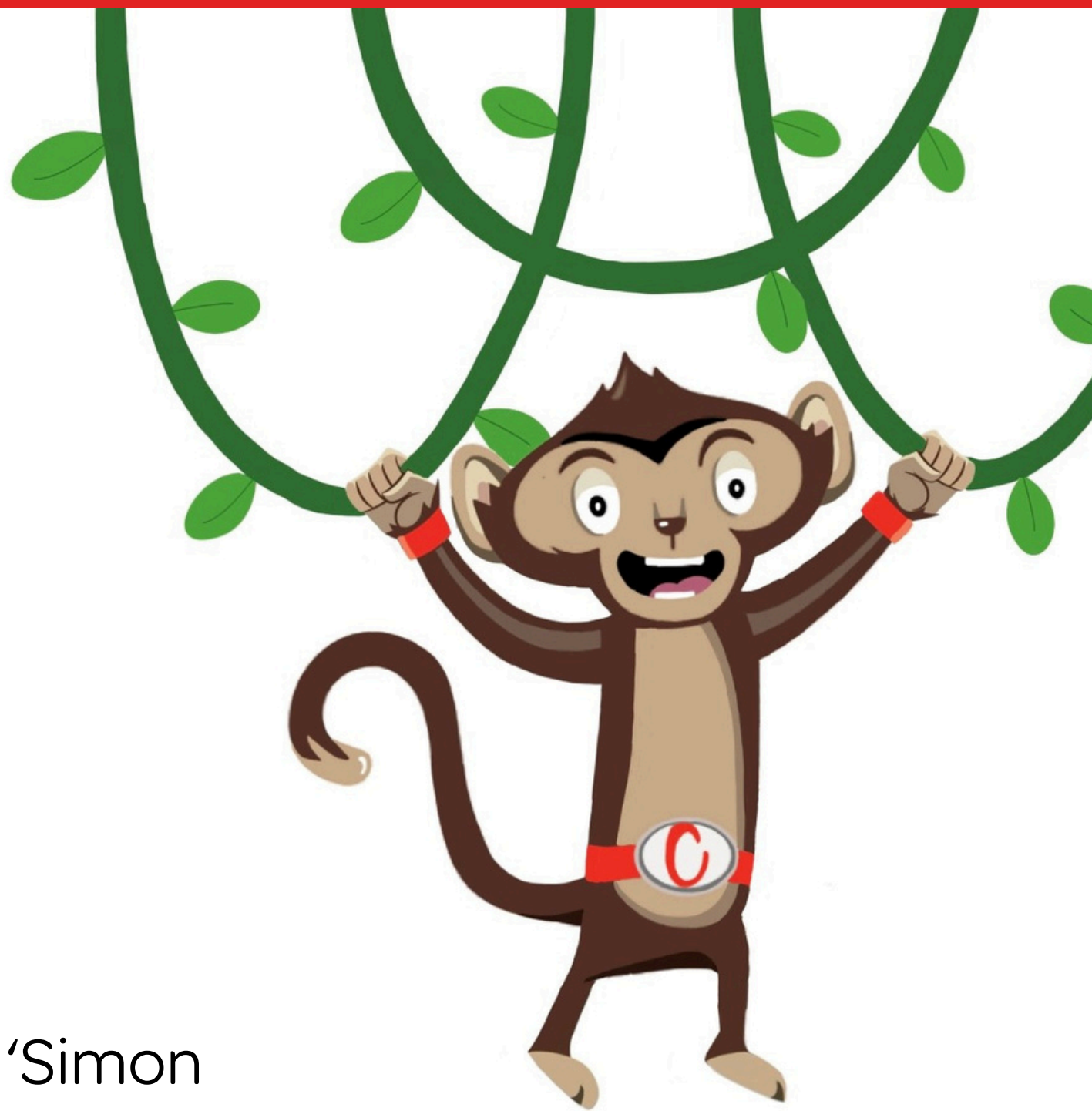
# Chester Says



**Brain break**



**5 minutes**



## Instructions

Get the pupils moving with this fun version of 'Simon Says.' The pupils must copy all of the commands that begin with the words "Chester says". If the teacher says, "Chester says touch your nose" then the whole class must touch their nose. However, if the teacher says, "jump" without saying "Chester says" the class must not jump.

## Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity
- Ensure pupils leave stationary on the table
- Remind pupils of their own spatial awareness
- Give clear instructions.

## Teacher Tips

Refer to our activity sheet for some ideas, but you are not limited to these. Make the commands suitable to the age group of your pupils.



# Chester Says

Get the pupils moving with this easy take on 'Simon Says.' Here are some ideas of movements, and let the pupils do these for 20-30 seconds.

## Examples:

- Flap your arms like a bird
- Spin around
- Wiggle your fingers
- Jump up high
- Touch your toes
- Hop on 1 leg
- Wave your arms in the air
- Dance
- Move like a robot
- Tip-toe
- Full body shake
- March in place
- Fast feet on the spot
- Squat
- Play an air guitar
- Hold a tree pose
- Jump squat
- Star jumps
- Make a happy face
- Make a silly face
- Make animal noises
- Walk like a penguin
- Pretend to drive a car
- Wave hello
- Move to the left
- Move to the right
- Walk on your tip toes
- Pat your head
- Pretend to swim

