MEGA ACTIV
UP'ARDS & DOWN'ARDS

MEGA STARS

PRIMARY STARS

KiddiActiv

www.primarystars.co.uk

Players - Any number!
Equipment - Lots of small objects that stand up and a stopwatch/timer/clock!
Space - Anywhere, any size!

1. Establish a playing area & players stand spread out inside the area. Players are split onto 2 teams: Up'ards & Down'ards.

2. The objects must be spread out all over the area. Half must be standing up, & half must be flat on the ground.

3. A non-player begins the game & starts the clock. The Up'ards must place the objects standing up & the Down'ards must place them flat down or on their side.

4. The game stops after 1 minute and the players count how many objects are stood up or flat down. Either the Up'ards win if there are more stood up or the Down'ards win if there are more flat down; the winning team each round gets 1 points!

5. Repeat the game until a team reaches 3 points!

GAME BOOSTS
Increase or Decrease: the number of objects, size of the area, size of the objects, number of points needed, or the time for each round! Change the way you move! E.g. both teams can only move by crawling, hopping, jumping.