



The TV Remote Game

This classic movement game is a favourite with kids of all ages. It works well as a quick energy booster when you've been sitting for too long. It can also make a good warm up before a longer workout or you can combine it with other movement games for a longer PE/movement session.

We've added a few extra movement instructions to the classic ones to make the game even more fun. Play it to music if you are inside. If you are outside, encourage the children to make their movements big and to use as much space as possible.

Good for:

- Movement breaks (after long periods of sitting);
- Using as a warm up before a workout;
- Using as part of a longer workout;
- Building coordination;
- Following instructions;
- Team building;
- Having FUN!

You will need:

- Yourself and some space to move around in;
- Music (optional).

How it works:

If you haven't played this before, it is pretty simple. The kids move around whilst you call out a series of instructions. You'll find the list of basic instructions on the [next page](#).

As the game goes on, you can add extra instructions if you like. So, for example, you can shout out the type of movement you want the kids to do: hop, skip, crawl, scoot on their bottoms, etc. You can also shout out 'get low' if you want them to do the movements along the ground. Some of the floor movements can be pretty funny when you press 'pause', 'fast forward' and 'rewind'!

Start the music, tell the kids to move around the space in any way they want, (don't worry if they just walk to start with – they'll soon get into it once the game starts), and get creative. Once you have been playing the game for a while, you might like to nominate one of the children to call out instructions instead of you.

Basic instructions:

Play = move forwards or on the spot in any way you want.

Pause = pause wherever you are and do lots of small quick jumps/hops on the spot (think pause on the old VCR machines when the picture used to flicker).

Stop = freeze in position.

Rewind = reverse the movement.

Fast forward = speed the movement up.

Selfie = strike a selfie-style pose.

For more activities like this, head over to www.can-do-kids.co.uk

Health and safety

- All activities suggested in this resource should be supervised by an adult and are undertaken at the participants'/supervising adult's own risk.
- Make sure you check your area is clear of tripping hazards and sharp corners etc. before you start. Adapt the workout to make sure it is safe and suitable for the space you have. Always have water on hand so that you can all stay hydrated whilst you exercise.
- Make sure you warm up before starting. 5 minutes of moving all the joints and slowly elevating the heart rate will be fine. Your kids will more than likely have done warm ups and cool downs in PE at school so get them to lead this section if you like. .