

School-based Physical Activities

Flip and Flip



Level
K2-K3

Equipment



Dual-colour plastic mats

Objectives

1. Enhance cardiopulmonary functions and whole-body coordination
2. Improve cooperation skills and communication skills



Game Rules

- ① Divide children into the “Front Team” and the “Back Team”, each queueing behind the line respectively
- ② The teacher will randomly place the items, half facing up and half facing down, all over the venue
- ③ Set a time limit for each round, each team sends a child at the same time to flip an item
- ④ The “Front Team” must flip items to the front side, while the “Back Team” must flip them to the back side
- ⑤ Each child can only flip one item at a time, and should pass the turn to the next one after he finishes
- ⑥ The team with more items facing the assigned side wins

Modifications

Use different moving methods

