

# Opposites Game

Pupils stand behind their chairs. Teacher calls out movements below and pupils do the opposite of this movement. Begin by calling out movements slowly, then gradually increase speed as pupils become familiar with the opposite movements.

Movement	Opposite
Squat down	Stand on tip-toes
Run fast on the spot	Run slowly on the spot
Right hand in the air	Left hand in the air
Raise left leg	Raise right leg
Crouch down low	Jump up high
Step to the right	Step to the left
Touch the floor	Stretch up tall
Hands in front	Hands behind back

## TOP TIP

Encourage pupils to come up with their own movements and opposites to add to the list.

## Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **communicating** and **antonyms**. You might like to try the below activities.



**Strand:** Myself and others  
**Strand Unit:** Relating to others

- Exploring verbal and non-verbal ways to communicate by completing a team task with no talking. What other ways can we communicate without using our voices?



**Strand:** Reading  
**Learning Outcome:** (6) Vocabulary

- Matching words with their antonyms.