

**Activity Typology:** Collective play

**Material:** None

**Description of the activity:**

**All people who participate in the game move through the space maintaining the minimum safety distance** and following the ideas that are agreed. The ideas can be related to both colors and numbers. For example: green – run / red - stop.

The objective of the game is that the people who participate can progressively propose and add new ideas. They will have to remember all the proposed ideas and carry them out when the associated color or number is said.

**Variants:**

- V1:** The age of the participants will determine which ideas are proposed. If they are young, physical and strength/resistance exercises can be proposed with the body itself (*jumps, upper abs, lower abs, push-ups, etc.*).
- V2:** It can also vary in which each participant has to carry out all these ideas while dribbling a ball (*or incorporate the balls into the most physical exercises*).

**Questions for reflection:**

- How did you like the activity?
- How did you feel?
- Did you like proposing ideas? Was it hard to do?
- Can you think of any more slogans that haven't been said?
- What differences do you find between the educator proposing movements, and you proposing them?