

Traffic Lights

This exercise is designed to get rid of any nervous energy – pupils tend to forget themselves in it.

It is a good physical warm up that gets pulses raising, but also promotes concentration and listening skills. It is suitable for all ages and abilities and classes of all sizes.

The exercise should run for no longer than five minutes.

Instructions:

- 1) Pupils walk around the space in a neutral way.
- 2) Call out 'Red', 'Amber' and 'Green'.
- 3) 'Red' = Freeze, 'Amber' = Sit on the floor, 'Green' = Begin walking.
- 4) For variation, change the instructions for each colour, or even add more colours.