



MOVING IN TIME

Ages 6+ | Family Based | 2+ Players

AIM OF THE GAME



- ▶ This is a team game. Players must move towards the chairs and sit down at the same time whilst starting from different distances.

EQUIPMENT



- ▶ Chairs and cones or markers.

HOW TO PLAY



- ▶ Chairs are lined up at one end of the playing area. Players start at the opposite end at different distances away from the chairs.
- ▶ On a signal, each player needs to start moving and cover their different distances to reach and sit down on the chairs at the same time without stopping.
- ▶ Players adapt their own speed and number of steps to the distance they must cover to reach and sit down at the same time.
- ▶ Switch the players starting positions to start from different distances.

GAME VARIATIONS



1. Change the movement to reach the chairs by hopping, jumping, and running, crawling on fours or moving backwards.
2. Try it with music, starting when the music starts or use a homemade tambourine/drum and only move on the beat.
3. Turn the chair around so it is facing away from them as they arrive to move around and sit down.