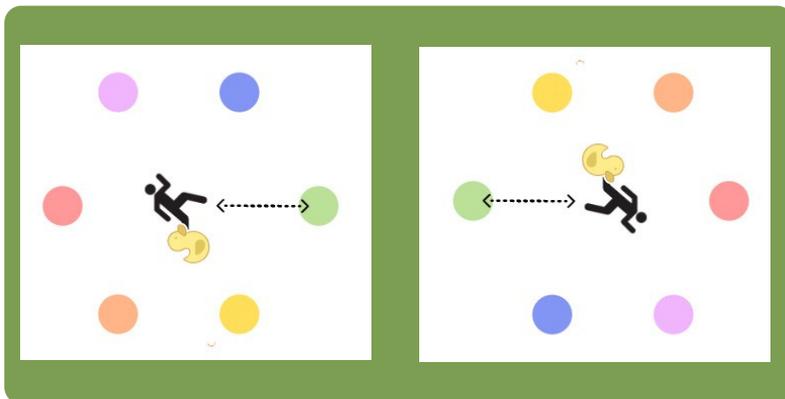


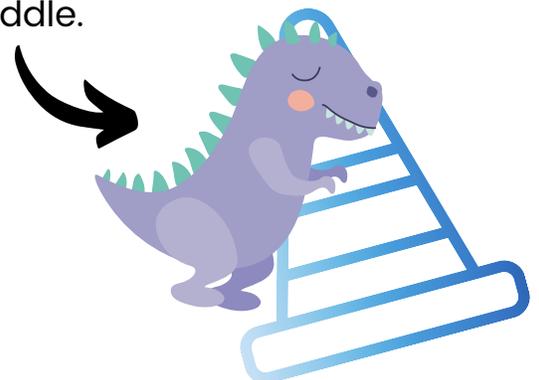


Colour Wars

INTERACTIVITY IN A SNAP SHOT



The winner squeaks the toy when they get back to the middle.





Colour Wars

InterActive4Life

COMPETITIVE INTERACTIVITIES

Student Targets



Movement Competence

Perform stability and locomotor skills in combination while responding to external stimuli.



SEL

Practice shifting awareness from the external functional movement to the internal sensations of being in a partnership. Apply skills that help them develop self-awareness and self-confidence while in competition with a partner.



Relationship

Explore asynchronous forms of connection through space by matching their partner's movements and then trying to get ahead of them.



Physical Distance

This game is performed at a 2 meter distance or greater as participants play within their own colour circles.

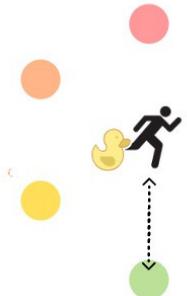


Online

This game can be performed online using educational technology by having each participant set up their own colour circle in front of a camera.



[CLICK HERE to watch this InterActivity in action!](#)



Activity Overview

In this competitive, fast-paced reaction game, students respond to directional colour cues and locomotor cues given by a third person or one partner designated as the leader. The goal of this game is to build participants' agility so that they can learn to act and react to cues and their opponents in tactical game situations.



Colour Wars

COMPETITIVE INTERACTIVITIES

Getting Started:

With Virtual Partner or Sibling, Parent, or Guardian:

- Each partner will create their own circle consisting of 6 DIFFERENT coloured objects and one squeaker/noise maker in the middle.
- Partners start in the center of their playing areas, facing each other and performing fast feet in a ready position.
- There may be a third person calling out locomotors and colours or partners can take turns leading and following.
- Leading partners will gesture/call out a designated colour and locomotor movement pattern of their choice (i.e., side shuffle, skip, hop). The follower matches the direction and locomotion to the coloured object to the best of their ability.
- Each participant returns back to the center of the circle before another colour and locomotor movement is selected.
- The first participant to get back to the center of their circle and squeak their squeaker/noise maker wins the round and becomes the leader for the next round. Leaders and followers automatically switch after a pre-established number of rounds, i.e., 5 in a row.

Modifications to the Game:

- **Size of boundary:** For more time to perform exercises, make the colour wars space larger.
- **Speed of locomotor movement:** Players can choose to emphasize if they want to perform a locomotor as fast as possible or as slow as possible.
- **Play opposites:** participants move to the cone on the opposite side of the circle to the colour that was called.
- **Use of a manipulative:** Increase or decrease the number of different colours in the circle. Add a manipulative for participants to handle during movement.
- **Locomotor Movement:** Add specific sets of exercises for participants to complete before they can move to touch a cone. Have participants begin in a ready position, lying on their stomachs, facing backwards, etc.

Adaptations to Rules of the Game:

- **Cooperative Rally:** Count how many times partners get back to the center of their circles squeak their squeakers/noise makers at the same time.
- **Competitive Rally:** Play the game as is but with a buddy in your colour circle! Consider calling two commands at once.



Colour Wars



COMPETITIVE INTERACTIVITIES

InterActive Function2Flow Assessment:

InterActive Function (Connecting Postures)	<ul style="list-style-type: none">• Is there an optimal readiness posture that gives you advantage to move quicker to a designated colour than your partner?
InterActive Form (Connecting Positions)	<ul style="list-style-type: none">• Are you able to adjust your position i.e., lean/ turn/ twist/ bend their body (shoulders, waist, hips, knees, arms) in relation to which cone/colour you want to go to?
InterActive Feeling (Connecting Sensations of Timing & Force)	<ul style="list-style-type: none">• What does it feel like to respond to changes in direction/ locomotion? What helps you respond to moments of surprise or unanticipated movements/directions?
InterActive Flow (Connecting Energies)	<ul style="list-style-type: none">• What helped you change directions and locomotions with ease?