



Energiser **Bob!**

*Introduced to the UFA by Peer Tutor,
Seren from UFA Derbyshire*

- Individual
- Pairs
- Small group
- Whole group

Uses: The aim of the game is to get everyone bobbed (crouched) down.
Use when you need to get some physical activity into the learning.

Resources: None apart from space.

Time: 5-10 minutes.

What to do:

1. Stand or sit in a circle. (Between ten-fifteen is about the right number of people).
2. Only one person can bob down at once. If more than one person bobs down then everyone has to stand up and start again.
3. The first person to bob down says "One", the second says "Two", the third says "Three" and so on.
4. The game ends when everyone is bobbed down. You can play as many rounds as you want.

Points to make:

- This game needs teamwork. The team needs to try to synchronise with each other.

