

WORD TENNIS (5 minutes)

WHY: Upbeat energizer and icebreaker activity.

EQUIPMENT NEEDED:

- Music (High energy)
- Whistle

HOW TO COMPLETE:

- Explain that once you have finished explaining how it works they will need to find a partner and stand facing them
- You will then announce a topic to the group, the aim is then to rally back and forth between your pair as many words that fit into that category
- the way that you lose word tennis is if; you can't think of any more words that fit into the topic, if you take more than 3 seconds to answer or if you say the same answer
- Explain that if you have won a round you need to put your hands on your head and wait for the next topic
- Blow the whistle to signify that you are about to give the next topic

EXAMPLE TOPICS:

- Sports played in the Olympics
- Foods you eat with a fork
- Countries beginning with the letter 'A'
- Colours in the rainbow

SAFETY:

- Movement between locations
- Cords (on ground)