

One Two Three

1. Form partners, with each person facing the other about 1 metre apart.
2. Each pair will aim to count out loud the numbers “1, 2, 3” with each person saying one number at a time, eg Jane says “1” and then Amber says “2,” then Jane says “3,” etc.
3. Pairs continue repeating this pattern of numbers as fast and accurately as possible.
4. After a short practice, explain that you want each pair to repeat the process but first substituting the calling of “1” with a clap over one’s head, eg sounds like clap, two, three.
5. Then, after several rounds, repeat the process by substituting the calling of “2” with a little jump on the spot, eg sounds like clap, jump, three.
6. Finally, repeat the process by substituting the calling of “3” with the sound of a cat’s meow, eg sounds like clap, jump meow.
7. Encourage each pair to complete the exercise as quickly, accurately and for as long as possible.
8. If a mistake is made, the pair should enjoy a good laugh and then start over.
9. Swap partners, or try a variation.

