

HIT RECORD

EQUIPMENT:

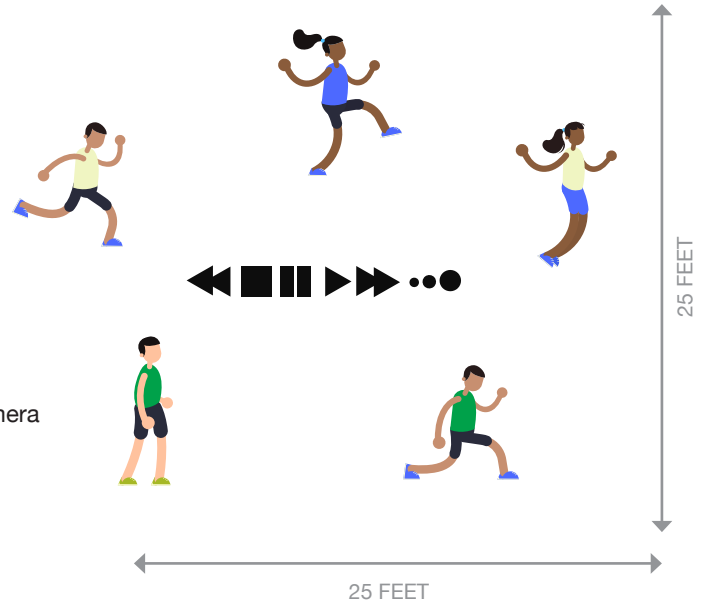
Place markers

NUMBER OF PLAYERS: 10+

TIME: 10 MINUTES +

EXPLAIN

- 1 Players spread out standing 6 feet away from each other.
- 2 The leader calls out controls that you would find on a video camera (play, stop, rewind, fast forward).
- 3 Each control has a related activity that players have to perform.
 - Play – walk around
 - Rewind – walk backward
 - Pause – jump
 - Fast forward – run
 - Stop – freeze
 - Slow-motion – slow movement
- 4 If a player messes up, he or she does five jumping jacks, then rejoins the game.



- **Check For Understanding:**
- When the leader says, “play,” what do you do?
- When the leader says, “pause,” what do you do?