



REVERSE

Ages 5+ | Family based | 2+ players

AIM OF THE GAME



- ▶ Perform your actions, but in reverse.

EQUIPMENT



- ▶ Safe space to play and any soft ball or object.

HOW TO PLAY



- ▶ All players decide on four simple actions that are paired together i.e., walking and stopping, jumping and skipping, star jumps and squats etc.
- ▶ One player is chosen as the leader who calls out one of the tasks.
- ▶ All other players start with three lives and must listen for and perform that task continuously until a new action is called out.
- ▶ After a few rounds, the leader can shout "Reverse" and when they then call out the new action, players must do the reverse or opposite action i.e. the task it is paired with at the start.
- ▶ Players who get the actions wrong lose one of their three lives. Play until someone loses all their lives.

GAME VARIATIONS



1. Increase the number of actions to start the game with to six or eight.
2. Use a soft ball or object within the actions like throwing, bouncing or kicking. Remember to have an opposite action for each.
3. Call out two, three or four commands at once and players must perform those actions in reverse order, i.e., the last action first.