



Red Light/Green Light

Materials: Roller skates, gym floor

Game Play:

- Participants line up along a baseline, standing on their own, not touching anyone or anything
- Participants progress down the court by listening and following the commands of the teacher
 - They can only move forward when teacher says “Green Light Go”
 - They have to come to a stop when teacher says “Red Light Stop”
- Once participants have come to a stop, they are allowed to get in their T-stances (don’t have to act frozen) if not already, as long as they do not progress forward in the process.
- A participant completes the task (or wins, if declaring a winner) when they stop successfully ON (not past) the finish line (opposite baseline)

Fouls and Game Modifications:

Any foul results in that participant being sent back to the starting line and starting over.

Fouls:

- Skating forward without “Green Light Go” being said
- Not coming to a complete stop after “Red Light Stop” is said
- Falling
- Touching ground with hands
- Touching/grabbing another participant to come to a stop or prevent falling
- Running into object/wall
- Skating past finish line

Modification:

When first introducing the game, you can use a 1-3 second countdown after announcing “Red Light Stop” as they learn to stop better and more quickly.

Skills Learned:

- Students will demonstrate proper stopping technique
- Students will not to skate faster than their ability to stop under control
- Students will practice safety when moving around others
- Students will listen effectively to the teacher’s commands