



## ACTIVE SPACEMAN

**Two players – player one is the word creator, player two is the active guesser**

**Pick a category, i.e. WBA players**

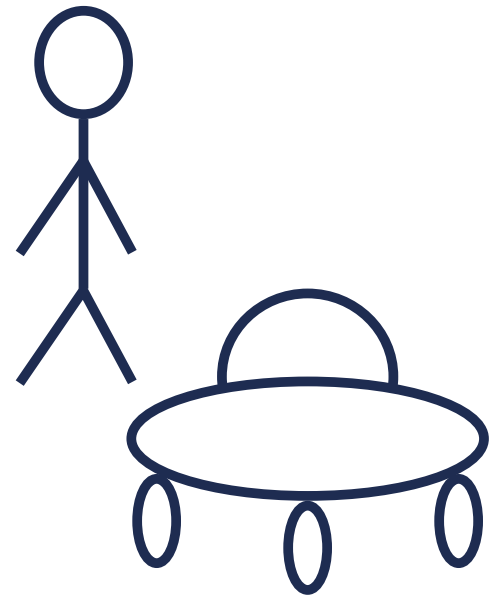
The word creator thinks of a word (10 letters max) and draws enough blank lines for each letter of the word

**e.g.** \_ \_ \_ \_ \_ / \_ \_ \_ \_ **could be Robson Kanu**

The active guesser's role is to unlock the answer by guessing one letter at a time, only they cannot speak!

To choose a letter, they must complete the fundamental movement action written next to that letter

Each incorrect letter guess will result in the word creator drawing one part of the alien & spaceship, and if the active guesser doesn't get the answer before the whole picture is drawn, they lose.



<b>A</b>	Jump up & down 10 times	<b>N</b>	Balance on your right foot for 10 secs
<b>B</b>	Do 10 star jumps	<b>O</b>	Spin around 5 times
<b>C</b>	Do 5 sit-ups	<b>P</b>	Walk sideways 3 steps
<b>D</b>	Low plank for 10 secs	<b>Q</b>	Lying down, ride an imaginary bike 10 secs
<b>E</b>	Jump like a frog 5 times	<b>R</b>	Stretch to the clouds for 10 secs
<b>F</b>	Balance on left foot for 10 secs	<b>S</b>	Touch your toes 5 times
<b>G</b>	Walk backwards 5 steps	<b>T</b>	Jump to nearest door and back
<b>H</b>	Hold a V-sit for 10 secs	<b>U</b>	Do 5 press-ups
<b>I</b>	Skip a lap of the room	<b>V</b>	High plank for 10 secs
<b>J</b>	Dance for 10 secs	<b>W</b>	Hop on 1 foot 10 times
<b>K</b>	Skip an imaginary rope for 10 secs	<b>X</b>	Make 5 circles with your arms in the air
<b>L</b>	Shoot an imaginary basketball 5 times	<b>Y</b>	Walk like a bear for 5 secs
<b>M</b>	Sit in an invisible chair for 10 secs	<b>Z</b>	Pick up an object without using hands