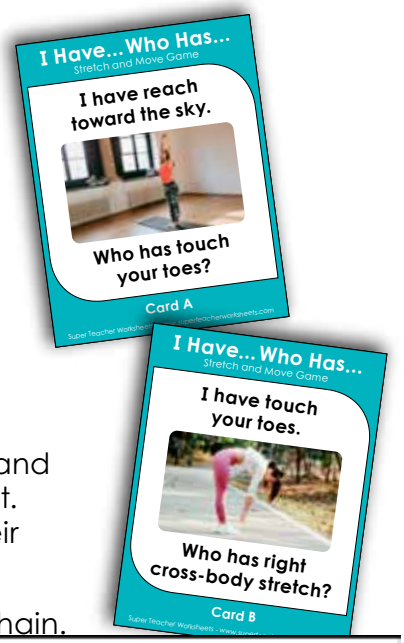
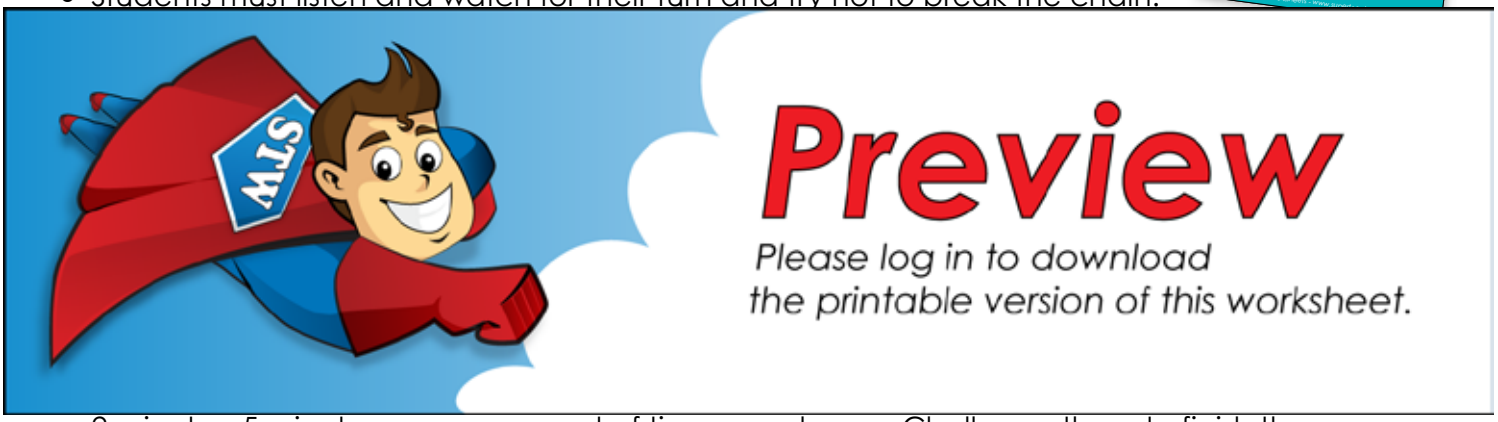
I Have... Who Has...

Stretch and Move Game

How to play the game:



- Distribute the cards randomly to your students. Some students may get more than one card.
- Select a student to begin by reading the first part of their card aloud and demonstrating the movement. Then the rest of the class will do the movement. (example: The first student will say, "I have reach toward the sky," and reach toward the sky. Then the rest of the class will reach toward the sky.)
- The first student will then read the second part of their card. (example: The first student will say, "Who has touch your toes?")
- The student who has the next card will read the first part of their card and demonstrate the movement. The rest of the class will do the movement. (example: The student will say, "I have touch your toes," and touch their toes. The rest of the class will touch their toes.) And so on.
- Students must listen and watch for their turn and try not to break the chain.



2 minutes, 5 minutes, or any amount of time you choose. Challenge them to finish the game before the timer goes off.

Answer Chain:

A. I have reach toward the sky. Who has touch your toes?
B. I have touch your toes. Who has right cross-body stretch?
C. I have right cross-body stretch. Who has left cross-body stretch?
D. I have left cross-body stretch. Who has forward arm circles?
E. I have forward arm circles. Who has backward arm circles?
F. I have backward arm circles. Who has right standing quad stretch?
G. I have right standing quad stretch. Who has left standing quad stretch?
H. I have left standing quad stretch. Who has butterfly stretch?
I. I have butterfly stretch. Who has seated toe touch?
J. I have seated toe touch. Who has straddle stretch?
K. I have straddle stretch. Who has crunches?
L. I have crunches. Who has cobra pose?
M. I have cobra pose. Who has push-ups?
N. I have push-ups. Who has forearm plank?
O. I have forearm plank. Who has high plank?
P. I have high plank. Who has bear crawl?
Q. I have bear crawl. Who has crab walk?
R. I have crab walk. Who has run in place?
S. I have run in place. Who has squats?
T. I have squats. Who has jumping jacks?
U. I have jumping jacks. Who has pretend to jump rope?
V. I have pretend to jump rope. Who has hop on your left foot?
W. I have hop on your left foot. Who has hop on your right foot?
X. I have hop on your right foot. Who has toe touches?
Y. I have toe touches. Who has dance in place?
Z. I have dance in place. Who has reach toward the sky?

I Have... Who Has...

Stretch and Move Game

I have reach toward the sky.

Who has touch your toes?

I Have... Who Has...

Stretch and Move Game

I have touch your toes.

Who has right cross-body stretch?

I have right cross-body stretch.

Who has left cross-body stretch?

Card C

I have left cross-body stretch.

Who has forward arm circles?

Card D

I Have... Who Has...

Stretch and Move Game

I have forward arm circles.

Who has backward arm circles?

I Have... Who Has...

Stretch and Move Game

I have backward arm circles.

Who has right standing quad stretch?

I have right standing quad stretch.

Who has left standing quad stretch?

Card G

I have left standing quad stretch.

Who has butterfly stretch?

Card H

I Have... Who Has...

Stretch and Move Game

I have butterfly stretch.

Who has seated toe touch?

I Have... Who Has...

Stretch and Move Game

I have seated toe touch.

Who has straddle stretch?

I have straddle stretch.

Who has crunches?

Card K

I have crunches.

Who has cobra pose?

Card L

I Have... Who Has...

Stretch and Move Game

I have cobra pose.

Who has push-ups?

I Have... Who Has...

Stretch and Move Game

I have push-ups.

Who has forearm plank?

I have forearm plank.

Who has high plank?

Card O

I have high plank.

Who has bear crawl?

Card P

I Have... Who Has...

Stretch and Move Game

I have bear crawl.

Who has crab walk?

I Have... Who Has...

Stretch and Move Game

I have crab walk.

Who has run in place?

I have run in place.

Who has squats?

Card S

I have squats.

Who has jumping jacks?

Card T

I Have... Who Has...

Stretch and Move Game

I have jumping jacks.

Who has pretend to jump rope?

I Have... Who Has...

Stretch and Move Game

I have pretend to jump rope.

Who has hop on your left foot?

I have hop on your left foot.

Who has hop on your right foot?

I have hop on your right foot.

Who has toe touches?

I Have... Who Has...

Stretch and Move Game

I have toe touches.

Who has dance in place?

I Have... Who Has...

Stretch and Move Game

I have dance in place.

Who has reach toward the sky?

KK

Fold this page in half to store the cards in when not in use.

Answer Chain:

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D. I have left cross-body stretch. Who has forward arm circles?
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V. I have pretend to jump rope. Who has hop on your left foot?
W. I have hop on your left foot. Who has hop on your right foot?
X. I have hop on your right foot. Who has toe touches?
Y. I have toe touches. Who has dance in place?
Z. I have dance in place. Who has reach

here

I have - Who has Stretch and Move Game