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## SLOW MOTION SAMURAI

**Aim:** To teach body control, following directions, and encourage risk taking

**Age:** 5 – 10

**Materials Needed:** Relatively open space

**Basic Rules:**

- Poison tipped swords = fingertips to elbows
- All must move in slow motion
- Three ways to win: 1) Last Samurai Standing 2) Most Dramatic SILENT Death 3) Silliest SILENT Death

**To Play:**

- Everyone freezes and puts swords in sheaths (arms in X formation)
- Teacher/Parent/Leader announces the game (preferably in an over dramatic way), and ends with BEGIN
- Players remove swords from sheaths and begin to play
  - Players defend themselves with their swords, i.e., if you are tagged anywhere OTHER THAN between your fingers and elbows you are out.
  - Players who move too fast get a warning, if they move too fast again, they are out.
- Last Samurai Standing wins; Teacher/Parent/Leader announces best deaths.