

GROUNDed Games

GROUNDed BiNGo

This game includes 20 bingo boards. The game works best when the boards are laminated and kids use dry erase markers to check off the poses as they are called. If the game isn't completed within one class, have kids write their names on the boards so they can pick up the play in the next class. Grounded Bingo reinforces the players' understanding and memory of each pose. It can also be used as a teaching tool after a quick warm up. In this way, the teacher would pick a pose, teach the alignment as the students practice it together and then the players who have the pose on their board will check it off.

Game STUFF

Bingo Boards laminated

Dry Erase Markers

A set of Grounded Pose Cards or Chips for the caller to use to pick poses.

Game PLAN

Each player has a board and a marker. As the caller calls a Grounded Pose, the players scan their board for the pose and if found, checks it off. All players do the pose that was called out whether they have it on their board or not.

Variation

The players who have the pose that is called do that pose. The players who do not have the called out pose on their board do the "default" pose decided ahead of time by the group. Since none of the partner poses are on the boards, the default pose could be a partner or group pose. A default pose for a single player may be the Ground Breaking or Ground Level variation of any ground-ed pose.