

**The structure and
functions of the
musculoskeletal
system**

“Simon Says, Bones”



UNTAMEDED
EDUCATION

1.1.1 Applied anatomy and physiology



“Simon Says”

Task Instructions

1. Clear all the desks and chairs to the side and ask the students to stand in the middle of the room. Or to save time ask students to stand behind their chairs.
2. The teacher or a chosen student stands at the front and acts as Simon.
3. Simon then reads commands from the sheet to the rest of the class (or they can make up their own).
4. If Simon begins the command “Simon says....” then the class must perform the command, if Simon **ONLY** says the command then the class must stand frozen still and any person that moves loses 1 of their 2 lives. They also lose a life if they perform the command inaccurately.
5. Once they have lost both lives they are out.
6. The winner is the last person left.

Variations/Extensions

1. Simon can help the class by also performing the instructions. They can also make it more difficult by performing the wrong movements and tricking the class.
2. Extra lives can be given to certain individuals.

The Learning

1. This task connects the mind and the body. Students will hopefully remember sitting on their coccyx and therefore remember where it is and what its function is.
2. It gets students out of their chairs and moving around which wakes up the learning.

“Simon Says”

Examples of Simon Says Instructions:

1. Flex your elbow.
2. Click your hand phalanges.
3. Point to your patella.
4. Cross your ulnae.
5. Put all your carpals together.
6. Cross your femurs.
7. Rotate your pelvis.
8. Point to your sternum.
9. Raise your ribs.
10. Touch your scapulae with your phalanges.
11. Wiggle all your phalanges.
12. Point to your clavicle.
13. Nod your atlas and axis.
14. Turn your cranium to the left.
15. Point to your fibula.
16. Put all your phalanges together.
17. Sit on your coccyx.
18. Cross your carpals.
19. Move your tarsals.
20. Rotate your carpals.
21. Shake your vertebrae.
22. Touch your radius to your patella.
23. Touch your cranium to your humerus.
24. Put your metatarsals on your patella.
25. Touch your patella to your sternum.
26. Abduct and adduct at your pelvis.
27. Rotate your radius and ulna.
28. Rotate at your scapula.
29. Jump and abduct your arms and legs.
30. Rotate your cranium to the right.