

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

“Simon Says, Muscles”



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 ones they have made up themselves).
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. In reverse they can 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. So when they flex their biceps they remember this and the movement it created.
2. It gets students out of their chairs and moving around which, wakes up the learning.

“Simon Says”

Simon says instructions:

1. Flex your biceps.
2. Point to your quadriceps.
3. Contract your gluteals.
4. Point to your trapezius.
5. Contract your triceps.
6. Contract your deltoids.
7. Contract your pectorals.
8. Point to your trapezius.
9. Contract your abdominals.
10. Point to your latissimus dorsi.
11. Contract your trapezius.
12. Contract your quadriceps.
13. Point to your quadriceps.
14. Point to your abdominals and deltoid.
15. Contract your gastrocnemius.
16. Contract your gastrocnemius and your biceps.
17. Contract your latissimus dorsi.
18. Contract your hamstrings and your abdominals.
19. Point to your gastrocnemius and contract your deltoid.
20. Contract your biceps, gluteals and gastrocnemius.

