

Left, Right, Up or Down

Point your finger — if your partner's head goes the same way, you win the round.

SCAN TO SEE IT PLAYED



The core game

How it works

- 1 Face your partner and count down together: 3, 2, 1.
- 2 On one, one player points their finger left, right, up, or down — at the same time, their partner tilts their head in one of those four directions.
- 3 If the finger matches the head movement, the pointing player wins and tags their partner on the arm.
- 4 If they don't match, players swap roles — the head-mover now points the finger — and play again.

Ways to play

Two versions for every occasion

Way 1 — Head to Head

Best for 2–30 players · Classroom, living room, or backyard

- Pair up and face each other.
- One player is the 'pointer', the other is the 'mover'. Count down 3, 2, 1.
- Pointer shoots a finger in one direction; mover tilts their head in one direction — both at the same time.
- Match = pointer wins the round and tags their partner. No match = swap roles and go again.
- Play best of 5, then find a new partner.

Way 2 — Running Pairs

Best for 4–20 players · Backyard, park, or hall

- Set two cones or markers 10 metres apart. Partners start at opposite cones.
- Both players run towards each other and meet in the middle.
- Play one round of Left, Right, Up or Down on the spot.
- Winner completes 5 reps of a chosen exercise. Loser runs back to their starting cone, then back to the middle for a new round.
- Keep going — the loser always runs back before returning to face a new opponent.

TIP FOR PARENTS

Try this at home

Speed it up gradually — start slow so everyone gets the hang of it, then challenge your child to complete 10 rounds as fast as possible. Kids love trying to beat their own time.

THE SCIENCE OF PLAY

Why it works

This game sharpens reaction time and directional awareness while requiring players to stay locked in eye contact — a natural trust-builder. The constant role-swapping means neither player ever checks out, keeping energy and focus high throughout.

SCHOOL ' HOME

The connection

Your child practised this quick-reaction game with their class today — at home they already know all the moves, so they get to be the one who shows you how it's done.