



EVERLAST CLIMBING™

A PLAYCORE Company



Sarah Says

Climbers try to complete climbing commands while following the rules of the classic children's game of a similar name.

Grade Level: 2 and up

Grouping: Partners

Materials:

- Sarah Says Command Cards, one per partnership
- Cones to mark panel sections, optional

Advance Set Up: Create your own or download and print the sample command card and have them available for partners. Mark each panel section with cones, if desired.

Activity:

This is a climbing wall version of the traditional children's game of a similar name in which commands are given and movements are allowed only if the command is preceded by "Sarah says..." One person will climb (staying on one 4'x8' panel section), while the other is "Sarah" and gives commands. If the climber moves when "Sarah" has not said "Sarah says..," then the partners switch roles. Otherwise, the partners switch roles when the climber successfully completes 10 commands.



EVERLAST CLIMBING™

A PLAYCORE Company

Variation: Add letters, numbers or words next to hand holds and create commands that bring in other learning. For example, “Sarah says touch two numbers that add up to 5” or “Sarah says touch a verb.”

Teaching Tip: It’s fun for partners to try other climbing wall panels because each panel is different and poses unique challenges. Have partners switch after they complete 10 commands, or after a set period of time.

National Standard(s): 1,2,3,4 & 5

Grade-Level Outcomes:

- Nonlocomotor (S1.E7, S1.E8, S1.E10)
- Movement concepts (S2.E1, S2.E2)
- Engages in physical activity (S3.E2, S3.M3, S3.M4, S3.M5)
- Personal responsibility (S4.E1, S4.E2, S4.M1, S4.M2)
- Working with others (S4.E4, S4.M4, S4.M5)
- Rules & etiquette (S4.E5, S4.M5, S4.M6)
- Safety (S4.E6, S4.M7)
- Challenge (S5.E2, S5.M3)

SARAH SAYS COMMAND CARD

(listed in order of increasing difficulty level)

Sarah says...

- Put one hand on a green hold.
 - Put both hands on green holds.
 - Climb up one move.
 - Put one hand on a yellow hold.
 - Put one foot on a green hold.
 - Climb down one move.
 - Put both feet on green holds.
 - Move both feet to any color holds.
-
- Put your right hand on a yellow hold.
 - Climb left one move.
 - Stretch and grab the highest hold that you can with your left hand (don't move feet).
 - Climb down and touch the red line with your left hand.
 - Take one hand off the wall and maintain control and balance.
 - Climb as low as you can while staying on the wall.
 - Climb as high as you can, without going above the line.
 - Try to touch the mat with your hand while still staying on the climbing wall.
 - Put both hands on the same green hand hold.
-
- Put your right hand on a red hold.
 - Put both feet on the same yellow hold.
 - Climb up two moves to the right.
 - Move your hands to holds so that your arms are crossed.
 - Take one foot off the wall and maintain control and balance.
 - Climb so that all feet and hands are on red holds.