

Simon Says Action Cards by KidsPrintAndPlay

Sports — Ages 4 to 8

Sport actions with lower-impact alternatives.

How to play

How to play: Leader picks a sport card. Players pretend the action without equipment or contact. No card prints Simon says; leader adds it freely. Stay in your space.

Space and body safety

Space and body safety: No real balls or bats; use invisible equipment, keep swings small, and leave space between players. Choose wall support if needed.

Theme guidance: Sports Play stays low-impact. Any jumping or balancing card includes a seated or wall-support alternative for lower mobility.

Non-elimination scoring — first to 10

Score: Non-elimination. Earn one point for each correct action. Individual or group completes a round at 10 points. Keep score together and start a new round at 10.

Score tracker — 10 points to finish (use for one player or the whole group)

1	2	3	4	5
6	7	8	9	10

Color or check one box per correct action. First to 10 completes a round.

Theme variation

Variation — Coach Calls: Leader calls two cards in a row; players do both in order, then freeze.

Optional classic elimination (optional)

Optional classic elimination: Optionally, a player who moves at the wrong time pauses one turn. This is optional, never the default.

Printing tips: US Letter or A4, grayscale, low-ink. Cut along dashed lines for 18 cards. Laminate if you like for reuse.

Sports — Cards 1 to 6

Cut on dashed lines. Each card has a simple line icon and clear action text.

1  Pretend to dribble a basketball in place	2  Kick gently in the air without touching others
3  Swing arms like a tennis racket with control	4  Balance like a surfer for four counts — seated option: shift weight side to side
5  Jog in place with light feet	6  Throw and catch an invisible ball with a partner — ask consent first, solo option: toss and catch alone

Cut cards apart. Keep space between players. Use seated or wall-support options where printed.

Sports — Cards 7 to 12

Cut on dashed lines. Each card has a simple line icon and clear action text.

7



Hold a yoga plank for five counts — wall plank option

8



Pretend to shoot a basketball then clap

9



Hop on one foot then the other for three each — seated
option: tap feet alternately

10



Swing like a baseball batter with slow motion

11



Serve like a volleyball player gently overhead

12



Skate in place with smooth glides

Cut cards apart. Keep space between players. Use seated or wall-support options where printed.

Sports — Cards 13 to 18

Cut on dashed lines. Each card has a simple line icon and clear action text.

13



Lift a pretend weight slowly above head

14



Sprint in place for six quick steps then freeze

15



Do gentle jumping jacks — seated option: arm-only jacks

16



Bow like a gymnast after a routine

17



Roll like a bowling ball with an underhand swing

18



Paddle like a canoe with both arms together

Cut cards apart. Keep space between players. Use seated or wall-support options where printed.