

| Name of exercise | Misdirection signals |
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| Description of exercise | <p>Begin with running; encourage the learners to be calm when running, to relax their arms and shoulders, to make their own pathway and listen.</p> <p>As they are running, inform them that you will give them a signal (like a whistle) that triggers a specific action (like a change of direction).</p> <p>When you give the signal make it something other than the whistle (like clap your hands, or say 'go').</p> <p>The learners should not react to this signal, as it is not what was agreed – but those who are not paying close attention will react.</p> <p>Repeat this process several times until the learners understand that they must listen carefully and differentiate between the signals you provide.</p> |
| Key themes that this exercise can support | Inhibition control, cue recognition |
| Emphasised at | Early and Third levels |
| Appropriate for | First – Fourth levels |