

# apostas football

As you call out the name of a fruit, the children holding that fruit should race to exchange places. When you say, "Fruit basket upset!", everyone should get up and race to a new spot. After children get the idea of the game, have one child sit in the middle of the circle to call out the names of the fruit.

[Movements: Fruit Basket Upset](#)

himama : learning : child-activities : activity : movements-fruit...

## Instructions

1. Have the group sit in a circle.

2. Assign each player to be an apple, orange, banana, or grape.

3. Have one person start in the middle of the circle. ...

4. Everyone who is that fruit must get out of their seats and find a different seat. ...

5. Whoever doesn't find a seat is now in the middle and will call out the next fruit.