

ActivityLAND

Game Description and Rules:

The objective of the game is to be the first group or person to get to the end of the board.

Students can play this game alone, with a partner, or in small groups (3 to 4 students). Before the game begins, the teacher will split the playing cards between the two hula hoops. The teacher will then determine how many repetitions and/or time each activity will last. For example: the students would complete each activity either 5 seconds or 5 repetitions.

To begin the activity:

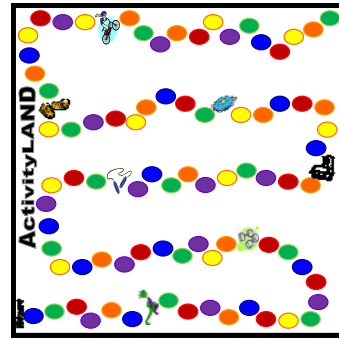
1. students select a card and mark the color on the activityLAND game board
2. discard the card in the one of the hula hoops
3. go to the color designated on the card to complete the activity
4. after completing the activity go and select another card

There are different health-related fitness station cards (ex: core fitness, BOSU ball activities, resistance bands, jump rope, medicine ball, yoga poses, dynamic flexibility muscular fitness 1 and 2, and fun stunts). Select the activity content and then print the station cards associated with that content. The cards can be posted on cones.

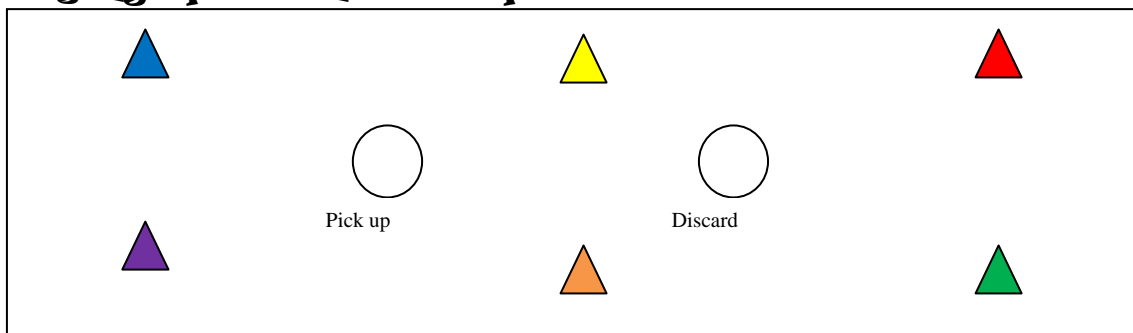
To print the playing pieces (or cards): print page 2-22 and print page 1 on the back of these cards. Print one game board per team. To print the game board, print page one and then print page 2 on the back.

Equipment:

1. Six cones (one of each color: red, yellow, orange, blue, green, purple or make the activity cards with the color on them).
2. ActivityLAND cards, 2 hula hoops, dry erase markers, and music.
3. Equipment associated with the cards.



Playing Space and Set-up:



Game Modifications:

Version #1: All students are performing the same activity. Students are with a partner and they must jump rope 6 times before picking up a new card. For example, if a student picks up a purple playing card, she would go to the purple cone to jump rope 6 times, then she would go and pick-up another playing card.

Version #2: A teacher can align the activity with the teaching unit. For example: if you are teaching basketball have the students shoot three baskets before they could come and pick up a new card.

Version #3: Use the station cards for the different activities. The station cards are activity specific (ex. BOSU ball, yoga, jump rope, dynamic flexibility, etc.) Post the cards on the cones. For example: students would pick up a red playing card then go to the red cone and complete the activity posted on the cone. (The teacher determines the number of repetitions or time to perform each activity.)

Version #4: For this activity you only need the playing cards. This activity can be played with K-3rd grade children. Place the cards in the two hula hoops. A student would pick up a card and run and touch the color of the cone associated with the card, then he/she would run and select another card. A teacher can have the students leave the card at the cone or place the card back in the hula hoop. (Instead of running you can use other locomotor movements – skip, hop, gallop, slide, etc.)

Version #5: Use the blank activity station cards. The cards are related to health-related fitness with one card designated for cardio, muscular strength, muscular endurance, flexibility, and two fun fitness cards. The students are placed in small groups. Provide each group with one of the cards and have them write activities on the cards related to their theme. For example, if a group gets the flexibility card then they would write down flexibility activities on the card. The students would then play the game using the activities they wrote down. After the game is played you can debrief with the students to help them understand how the activities they choose were examples of the health-related fitness.

Print Directions:

For the Game board: Print page 1 of the game board and then print page 2 on the back. Laminate the board and then use dry erase markers to write on the boards. The boards can be cleaned with a paper towel. You will need one game board per team or group of students.

For the Playing pieces: Print page 2-22 and then print page 1 on the back of these. Cut the playing pieces first and then laminate.

****This game was created in collaboration with the 2007-2008 JMU PHETE Graduate Class (Matt Alfonso, Roger Brookes, Randall Carroll, Crystal Cuba, Kimberly Gentry, Stevie Gray, Katharine Hogan, Jason Hungate, Jacob Jobe, Chris Lose, Danielle Lynch, Timothy Palek, Dana Robinson, Jessica Smith, Kathryn Tynes, John Weeks, Kathryn Whitten)**