

How to Create a Game

Grades 8-12

Objectives: Students will be able to actively create and participate in fitness games. Students will also be able to record their procedure via a 2.0 Web Application known as *Remember the Milk*.

Materials: Students will need all kinds of equipment:

- Mats
- Goals
- Balls
- Bases
- Racquets
- String
- Computer(s) Internet Access

Procedure:

Day #1: Begin class with a fitness warm up.

- Divide the class into groups of anywhere from 3-5 students.
- Reinforce the Components of Fitness
- If students are having difficulty deciding where to go with their project bring them together to talk about some games that have fitness components that they already know and like

Day #2: Warm up with a fitness activity (discuss how someone must have invented this game in order for us to be playing it. What components of fitness does it include?)

- Students get together and continue brainstorming
- Some refocusing questions that I use for them are: Is it fun?
What components of fitness does it include?
Do you need more equipment other than what we have?
- Try playing the game to see if it works.
- The students should be encouraged to play a miniature version of their game to test it out and make changes to it
- groups will need to be continually revisited in order to reinforce the important elements of the lesson

Day #3: Begin class with a fitness warm up

- students should be given a few minutes to finalize their fitness games and prepare for their presentation to the class
- each group should be given approximately 5 minutes to present their game and explain the: Rules,

Requirements for winning, Relationship to fitness

-at the end of the period each student will put their head down while the teacher reads off a short description of each game.

Day #4: Begin class with a fitness warm up

-have the students set up their game and describe the rules one final time (this is a good time to add any new rules that the students may have missed that may be safety concerns)

-let the students play the game

-periodically, through discussion, allow the students to come up with variations on this game that will emphasize the fitness component.

Assessment: Students will use the Web 2.0 Application, *Remember the Milk*, to record the steps they took to invent their particular game. This will incorporate a technological aspect to the lesson. It will also reinforce the time management lesson, which should be taught prior to this lesson in health class.

Standard: 5 Demonstrates responsible personal and social behavior in physical activity settings.