Lesson 3: Creating active games

**Topic:** Identifying alternative activities

**Objectives:** To identify alternative physical activities children can do instead of sedentary behaviours (particularly after school)

**Lesson outline:**

A. Review Lesson 2
   - Children return TV self-monitoring worksheet
   - Discuss TV self-monitoring worksheet

B. Introduction to Switch-2-Activity active games (S2A)
   Place children into pairs to create their own active games as alternatives to watching TV, playing electronic games or using the computer/Internet, particularly after school. These activities should require minimal, if any, equipment (eg, balls, balloons, skipping ropes, Hacky Sac), should be safe, and be something that children can feasibly do on their own or with friends.

C. After distributing S2A sheets for pairs of children to complete (located at the end of the lesson plan), children select one of 5 settings for their S2A:
   - Local neighbourhood (parks, ovals)
   - Driveway/paved area/footpath (safe areas)
   - Bedroom
   - Back/front yard/grassed areas
   - Indoor areas (family room, living room, classroom)
D. Children should name their S2A sheet, and circle the appropriate symbols for their S2A (e.g., circle if it is an indoor or outdoor activity, whether adults are required, whether the S2A requires pencils/paints/paper or equipment, and whether learning/imagination is involved). Children should describe the equipment required (if any); describe how to play their S2A; define what age children their S2A is suitable for; and identify whether there is anything potentially unsafe about their S2A. Children can refer to the example sheets enclosed with Lesson 3 materials.

E. If time permits, the teacher may select one or two S2As for children to perform in front of the class.

F. At the end of the lesson the class teacher collects all the children’s S2As and put into a book to be kept in the classroom for the children can access for ideas at home. For this reason the children should be encouraged to fill out the forms in their best handwriting, as they will be read by everyone in the class. The teacher may select several children to demonstrate their S2As in the next Switch-2-Activity lesson (so that children can organise to bring any equipment if necessary).

Class Activities:
- Children form pairs to work on the project together
- Perform 2 S2A’s in class

Conclusions:
- Allocate children to demonstrate their S2A in the next lesson

Equipment:
- S2A example sheets
- Settings written on different coloured paper
- S2A sheets for children to fill in
VELS

Physical, Personal and Social Learning:

- Health and physical education: design or modification of physical activities or games (S2A)
- Interpersonal development: working in teams (S2A development)
- Personal learning: behaviour management, goal setting (Switch Off Contract), development and justification of S2A’s

Discipline-based Learning:

- English: writing, drawing diagrams (S2A), speaking and listening

Interdisciplinary Learning:

- Communication: performance and oral presentation of S2A’s
- Thinking processes: creative thinking strategies to generate imaginative solutions when problem solving (S2A)
Lesson 3: S2A Worksheet

(S2A)

Names: _____________________________  Class: _____________

                    School: __________

Play Setting: (circle one)

<table>
<thead>
<tr>
<th>Bedroom</th>
<th>Local Neighbourhood</th>
<th>Paved area</th>
<th>Back Yard</th>
<th>Indoor Area</th>
</tr>
</thead>
</table>

Name of Activity: _________________________________________________

Circle the appropriate symbols of your activity:

- [ ] Outdoor Activity
- [ ] Indoor Activity
- [ ] Adult Participation
- [ ] Pencils, Pains Paper
- [ ] Equipment Required
- [ ] Learning & Imagination

Equipment you will need:

Description of the activity:

Who is this activity suitable for?  Ages: ________________

Is there anything about this activity that could be unsafe?:

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Drawing of some one doing the Switch 2 Activity (S2A):
Lesson 3: S2A Worksheet Example: Indoor Area

<table>
<thead>
<tr>
<th>Play Setting: (circle one)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bedroom</td>
</tr>
<tr>
<td>Local Neighbourhood</td>
</tr>
<tr>
<td>Paved area</td>
</tr>
<tr>
<td>Back Yard</td>
</tr>
<tr>
<td>Indoor Area</td>
</tr>
</tbody>
</table>

Name of Activity: **Leg ball**

Circle the appropriate symbols of your activity:

- Outdoor Activity
- Indoor Activity
- Adult Participation
- Pencils, Paints, Paper
- Equipment Required
- Learning & Imagination

Equipment you will need: 1 ball any size.

Description of the activity:
1. Two people stand up.
2. You throw the ball to each other without the ball hitting the ground.
3. When the ball is thrown, the person goes onto their knees, then onto their stomachs.
4. When the ball hits the ground, you decide if it was a bad throw or catch.
5. The winner is the person who didn’t do the bad throw or catch.

Who is this activity suitable for? Ages: 5 and up.

Is there anything about this activity that could be unsafe? If the ball hits something.
Lesson 3: S2A Worksheet Example: Back Yard

Play Setting: (circle one)

<table>
<thead>
<tr>
<th>Bedroom</th>
<th>Local Neighbourhood</th>
<th>Paved area</th>
<th>Back Yard</th>
<th>Indoor Area</th>
</tr>
</thead>
</table>

Name of Activity: Follow the leader soccer juggling.

Circle the appropriate symbols of your activity:

- Outdoor Activity
- Indoor Activity
- Adult Participation
- Pencils, Paints, Paper
- Equipment Required
- Learning & Imagination

Equipment you will need: soccer ball & four people.

Description of the activity:

1) One person starts juggling the soccer ball. First the leader does a trick & passes it to the next person.
2) Second person does the same.
3) If a person drops or does something wrong they're out.

Who is this activity suitable for? Ages: 5 and up.

Is there anything about this activity that could be unsafe? Soccer ball might hit you in the head.

Diagram of the activity layout.

Line up here
Lesson 3: S2A Worksheet Example: Bedroom

Play Setting: (circle one)

- Bedroom
- Local Neighbourhood
- Paved area
- Back Yard
- Indoor Area

Name of Activity: Ballon Tidy

Circle the appropriate symbols of your activity:

- [ ] Outdoor Activity
- [ ] Indoor Activity
- [ ] Adult Participation
- [ ] Pencils, Paints, Paper
- [ ] Equipment Required
- [ ] Learning & Imagination

Equipment you will need:

- [ ] people

Description of the activity:

1. Decide on how many ballons you are going to have.
2. The person with the ballon counts and the two other people hide (i) and then they say “3”. The person who has the ballon has to run and try to tag them by throwing the ballon. If when the person with the ballon tags the other two people with the ballon they have to do 10 star jumps.

Who is this activity suitable for? Ages: 7-12

Is there anything about this activity that could be unsafe? No
Lesson 3: S2A Worksheet Example: Local Neighbourhood

Play Setting: (circle one)

<table>
<thead>
<tr>
<th>Bedroom</th>
<th>Local Neighbourhood</th>
<th>Paved area</th>
<th>Back Yard</th>
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</table>

Name of Activity: **Doubles**

Circle the appropriate symbols of your activity:

- Outdoor Activity
- Indoor Activity
- Adult Participation
- Pencils, Paints, Paper
- Equipment Required
- Learning & Imagination

Equipment you will need: piece of **long string**, two **tennis rackets**, a person to play with, **two trees**.

Description of the activity:

First you get a long piece of string. After that you tie one end of the string to a tree and the other end of the string to another tree. Then you will see that you have made a net. With your partner you can play tennis.

Who is this activity suitable for? Ages: **10 & up**

Is there anything about this activity that could be unsafe? *You might have a broken injury.* You could pull a muscle in your arm.

Doubles!