**Title**

List of Game Ideas

**Time**

Pre-session preparation for learners: 5 minutes

Session:  25 to 55 minutes

**Materials Checklist**

List of Game Ideas

Jump Rope

Throwing Object (Beach Ball, Bean Bag)

\*Hula Hoop (See Instructions on How to Make a Hula Hoop)

Gym Floor Tape

**Objectives**

Learn Types of Physical Activity Games: Tag Games, Games with a Ball, One Person Games, and Skipping Songs

**Learners will be able to:**

Play Physical Activity Games: Tags Games, Games with a Ball, One Person Games, and Skipping Songs

**Exercises and Activities to Complete Before and During the Session**

Tag Games, Games with a Ball, One Person Games, and Skipping Songs

**Pre-session Preparation**

**Read (5 minutes)**

List of Game Ideas

**During the session**

**Present/Review (5 minutes)**

Provide participants with a list of games, instructions, and equipment. Remind Participants: Safety comes first! Make sure to address barriers to physical activity including size of space, condition of equipment, and number of assistants needed. Also, consider protective equipment – helmets, eye protection, mouth guards, wrist, knee, and elbow pads, protective cup, and proper footwear. Warm up. Do not participate if you are hurt. Follow the rules of the game.5

Refer to List of Game Ideas for types of games and instructions.

**Discuss (15 to 45 minutes)**

Play games with participants. Discuss how they can play these games at home and incorporate the games as part of their daily physical activity.