

# Create Your Own Game!

*Let your imagination run wild as you create your own play activities out of ordinary objects!*

## Age Appropriateness:

- 9 and up

## Key Topics:

- Physical Fitness
- Creative Thinking

## Skills:

- Writing Directions
- Creativity
- Teamwork

## Materials:

- Any object will do. Some suggestions are cones, frisbee, jump rope, and carpet squares

## Action Time:

- 1-2 hours

## Resources:

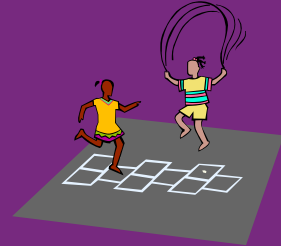
<http://kidshealth.org/kid/htbw/heart.html>

<http://simplekids.net/make-your-own-backyard-obstacle-course/>

<http://pack395.clubspaces.com/object.aspx?id=10>

## OBJECTIVES

- To encourage youth to seek a variety of physical activities.
- To allow youth to work and problem solve in groups.



## Preparation

First discuss your favorite games to play. Are there any unique games that your family or friends play that others might not know about? Next discuss what heart rate is. How do you measure heart rate? What should my heart rate be when I am exercising? What are the benefits of exercising?

## Action

- Divide youth into groups and allow each group to pick from the objects.
- Each group will create a game with the objects they've chosen. They must write instructions for their game and the game must get their heart rate up to a cardiovascular exercise rate. Heart rate for 8-13 year olds should be 105-160 beats per 60 seconds but not over 210.
- Groups rotate and play each other's games. Vote on which one was the most fun!

## Reflection

What made the winning game the most fun? What are other activities that get your heart rate up? Look at the playground design. What are some creative games that we can play on the equipment? What was learned from this activity?