

Time Game

Objective:

To teach students to estimate how long they have participated in an activity. This will assist them to estimate how long they are physically active during specific periods of time.

Supplies:

- Three timers

Directions:

1. Tell the students that we will all play a game, but some of the students will only play for part of the time, some will play most of the time and some will play all of the time.
2. Divide the class into three even groups, designating who will be in the some, most or all groups.
 - **Some** = less than 15 minutes
 - **Most** = 15 minutes or more
 - **All** = full 30 minutes
3. Choose an activity.
4. Set the three timers. Set one timer to 12 minutes, one to 24 minutes and one to 30 minutes.
5. Begin the activity, but have the students in the “some” group stop at the 12 minute timer, and the students in the “most” group stop at the 24 minute timer. The activity will end at 30 minutes for the “all” group.

You can then have the students switch groups, so every student has been in each of the three groups.

Example:

- Soccer (lessen the number of players on each team)

Intensity Game

Once students have a good understanding of when they have played for some of the time, most of the time and all of the time, you can then place them into new categories to teach the importance of intensity.

Directions:

1. Choose an activity that can have various levels of intensity to play.
2. Divide the class into the three groups – light, moderate and vigorous – and let them know which group they are in. This time every student will play for the entire game, but they must play at their designated intensity level for the given amount of time.
3. Set the three timers and place a poster next to each timer to remind the students what intensity level goes with each timer.
 - Set the “Vigorous Some of the Time” group to 6-8 minutes.
 - Set the “Moderate for Most of the Time” group to 10 - 15 minutes.
 - Set the “Light for All of the Time” group to 30 minutes.
4. Allow every student to play for a full 30 minutes, but have the “Vigorous for Some of the Time” group stop playing vigorously after 6-8 minutes. And have the “Moderate for Most of the Time” group stop playing moderately after 10-15 minutes. Stop the game at 30 minutes.

Example:

Step 1: Play Tag.

Step 2: Divide the class into the three groups.

Step 3: Set the timers and place the signs next to each timer.

Step 4: Start the game. Have the students in the Vigorous Group run for the entire 8 minutes while playing tag. Have the students in the Moderate Group power walk for the full 15 minutes while playing Tag. Have the students in the “Light for All of the Time” group only walk for the full 30 minutes. After 8 minutes the students in the “Vigorous for Some of the Time” group can walk or power walk but not run for the rest of the game. After 15 minutes, the students in the “Moderate for Most of the Time” group can walk for the rest of the game.

Allow the students to switch groups and change up the times the next time you play this game and try other activities. Do you have any suggestions of other games? You can also switch the intensity levels with the time groups. Example: have a “Vigorous for Most of the Time” group, “Light for Some of the Time” group, and “Moderate for All of the Time” group

At the end of the 30 minutes ask each group how they feel. The Vigorous group should feel more tired than the moderate and light groups, etc. Tell the students that they can determine how long and at what intensity level they have participated in any activity by using this concept.