



Creating Active Games

Unplug – All Grades

Students identify physical activities that they can do as alternatives to sedentary behaviors (particularly after school).

Materials:

- Pens or pencils, or responsible use of technology (i.e. using iPod touch or mobile computing device to record data).
- Print outs of the S2A worksheet (attached)

Instructions:

1. Introduction to Switch-2-Activity (S2A) active games: Place students 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 (ex: balls, balloons, skipping ropes, Hacky Sac), should be safe, and be something that children can feasibly do on their own or with friends.
2. After distributing S2A sheets (see following page) for pairs of students to complete, students select one of 5 settings for their S2A:
 - a. Local neighborhood or park
 - b. Driveway/ paved area/ footpath
 - c. Bedroom
 - d. Backyard/ frontyard/ grass area
 - e. Indoor areas (family room, living room, classroom)
3. Students should name their S2A sheet, and circle the appropriate characteristics of their S2A (inside or outside, whether adults are required, whether the S2A requires pens, paper, or equipment, and whether imagination or learning is involved). Students should describe the equipment required, if any; describe how to play their S2A; define what age is appropriate; and identify whether there is anything potentially unsafe about their activity.
4. If time permits, the teacher may select one or two S2As for children to perform in front of the class.
5. At the end of the lesson, the teacher collects all the students' S2As and put them into a book to be kept in the classroom for the students to 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.



S2A Worksheet

Names: _____

Class: _____

School: _____

Play Setting (circle one):

Bedroom	Local Neighborhood	Paved Area	Back Yard	Indoor Area
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Name of Activity: _____

Mark the appropriate characteristics of your activity:

Outdoor Activity	Indoor Activity	Adult Participation	Pencils, Pens, Paper	Equipment Required	Learning & Imagination
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Equipment you will need: _____

Description of the activity: _____

Who is this suitable for? Ages: _____

Is there anything about this activity that could be unsafe? Explain.

On the back of this sheet, draw a picture of someone doing your S2A.