

AAHPERD 2012

Wellness Based Recreation: Pairing Play with Purpose

CORE VALUES

King of Plenty, Ace in the Hole (Kindness)

Objective: Develop an understanding of the importance of being kind to others.

Materials: Deck of cards. (Pull all the highest and lowest cards, Ex. K, Q, 2, 3, etc.)

Note: Aces are not used in this game.

How to Play: Separate the lowest and highest cards out of the deck. Give each participant a card. Remind them they should not look at their card until given permission to do so. On the "Go" signal, each player places the card on their forehead, holding it in place with their finger. With their card clearly displayed, have the players move around the room greeting each player according to their social class or "Status." The lowest cards represent individuals with the lowest status (lower class, little money and/or possessions), middle cards represent the "working or middle class" (have a bit more than the lower cards, but more or less the average Joe), high cards represent "Royalty" or people looked up to in society for their money and possessions). Do not let players look at their cards until the 1st processing question is discussed.

Processing & Discussion:

1. Do you think you have a low card or high card? Why?
2. How did you feel when players were greeting you?
3. How does the Golden Rule; Treat Others the Way You Want to Be Treated apply to this game?

Oranges Are People Too (Acceptance)

Objective: Increase the appreciation of individual differences and the importance of diversity.

Materials: One orange per group.

How to Play: Divide the group into smaller groups of four to six. Give each group an orange. Give them about 10 minutes to get to know their orange. Tell them that they should discover everything that makes it unique and different from all the other oranges. They should also give their orange a name. At the end of the discovery time have a reporter from each group move to another group and introduce their orange.

Processing & Discussion:

1. How are the oranges like people?
2. How do you discover the uniqueness in individuals?

Note: Buy the least expensive oranges; they are the most interesting. With smaller groups this can be an individual activity. Each person shares with the entire group.

FITNESS FUN

Hour Glass & Lava Lamps

Objective: Motivate participants to get up, get moving and develop strength.

Equipment: Solo Cups (lots of them), large playing area

How to Play: Spread the cups around a large playing area. Divide the group into 2 teams. One team will be deemed "Team Lava Lamps" and one will be "Team Hour Glass." On the "Go" signal, players will move around the area making "Hour Glasses" or "Lava Lamps" with the cups. (Hour glasses are made by placing the cups bottom to bottom and Lava Lamps are made placing cups rim on rim). Team Lava Lamps will place cups rim to rim and Team Hour Glass will place cups bottom to bottom. Teams can change the opposing teams stacked cups. When time is called, the team with the most cups that match their team will earn a point or win; however keeping score is not necessary. Once your teams are warmed up and ready, you can add fitness challenges:

- Create team cups in a crab position.
- Create team cups in a plank position.
- Create team cups in a sit up position.
- Create team cups using lunges.
- Create team cups in a squat position.

Mission Nutrition

Objective: Introduce the Food Plate and identify a variety of foods that should be part of a healthy diet.

Equipment: Hula Hoop or rope, Poly Spots or Colored Paper, Signs or Picture Labels, Plastic Food or Bean Bags

How to Play: Use the hula hoop, poly spots, and labels to create your Food Plate on the far end of the play area. Spread the plastic food or bean bags throughout the middle of the play area. Divide the group into 2 teams or you can have one team play against the clock for smaller groups. On the "Go" signal, the first person on the team runs, picks up a food and places it where it belongs on their teams' Food Plate. They run back and tag the next player on their team. This continues until all the food is placed on a plate or until time is called. If you want to keep score, the team with the most food in the correct spot on the plate wins, or the team who filled their plate in the quickest amount of time wins.

TEAM TRAINING

Integrity Tower

Objective: Develop cooperation and communication skills while building a block tower.

Equipment: 6 foam, cardboard or wood bricks labeled; Character, Respect, Pride, Initiative, Caring and Integrity, Hula Hoop

How to Play:

Place all the bricks in the Safety Circle. Once the bricks leave the Safety Circle, only the Character Brick may touch the ground. The challenge is to build an Integrity Tower using all of the bricks, however the following guidelines apply:

1. Group members may not touch the bricks with their hands, and the bricks may not touch the ground, except for the character brick. All the other bricks will be built on the character brick.
2. The group must transport each brick using a different combination of body parts. No pair can transport the bricks in the same manner.
3. One set of partners may not help another set during the transport phase. Team members may help teammates stack their brick, however the pair transporting must be the principle stackers.
4. The integrity brick is placed last.
5. No one may call each other names.
6. If a rule is broken, all bricks must be returned to the starting position and the challenge begins from the beginning.

Wireless Communication

Objective: Develop communication and teambuilding skills in order to complete several crazy tasks.

Equipment: One set of each per team; 3 Cups, Rubber animals or bean bags, hula hoops, hats or scarves, Chair, Task Cues, Blind Folds

How to Play: Each team will assign a “Communicator” and “Actor” for their team. The Communicator will stand in the center of the play area and the Actor will take their place on the chair, which should be on the far end of the play area. The rest of the team will take their place in the “Team Zone”, which can be marked with tape, cones or lines on the gym floor.



The task cues should be placed on the floor in the Team Zone. On the “Go” signal, the team members attempt to communicate the task to the “Communicator.” The Communicator will then direct the “Actor” to perform the task. Note: The “Communicator” is the only one that is allowed to use verbal communication. The team works their way through the tasks starting with the least complicated. The goal is to get through all tasks as quickly as possible.

SPORTS OF SORTS

Baggy Ball

Objective: Develop communication and teambuilding skills, as well as eye-hand coordination, aiming and shooting.

Materials: 1 Bubble Ball (Ball of Bubble Wrap), 2 Reusable shopping bags, Poly Spot

How to Play: Divide group into two teams of 3 to 11 players. The game can be played anywhere; on sand, grass, even a basketball court. Have teams stand on opposite ends of the playing area. One player from each team becomes his team's "basket" by holding a shopping bag open; he can move the bag around to impede the other team's shot, but must keep the bag open with arms out straight and one foot on the poly spot at all times. The object is to get the Bubble Ball into the opposing team's basket. The game is played like basketball, except that players dribble by repeatedly hitting the ball in the air, palm up. Players can either shoot or dunk the ball into the basket. If the ball drops to the floor it must be picked up by the other team and play is continued. The team with the most baskets in 30 minutes of play wins.

Blanket Volleyball

Objective: Develop communication and teambuilding skills while working towards a team goal.

Materials: Beach Ball, Shower Curtains or Blankets (One per team)

How to Play: Divide group into two teams of 5 to 8 players. The play area should be set up similar to a volleyball court. You can use a net or line to simulate a net or play without one. Teams will take their positions, one on each side. The team that serves first will get the ball and must use the blanket to serve over the net to the other team. The opposing team then attempts to catch the ball in their blanket and toss it back. Play continues until the ball falls to the ground. If the ball hits the floor and a team does not catch it in the blanket, the opposing team receives a point. The game continues until a team reaches 8 points. Note: A 5 point game can be used with younger children and 10 points for older children or adults.

PERFORMANCE PLAY

Scene It

Objective: Develop creative thinking skills and acknowledge a variety of environments through scenes.

Materials: None needed

How to Play: Works best with groups of 5-8. With a larger group, divide them into two teams. Group stands outside a designated performance space. One person runs into the space, forms her body into a statue and announces what she is, as in "I'm a tree."

Instantly the next person runs on and forms something else in the same picture. "I'm a bench under the tree."

The next person further adds to the picture. "I'm a bum on the bench."

"I'm a dog peeing on the tree."

"I'm the newspaper the bum is sleeping under." Etc., until the whole group is part of the picture.

This continues until everyone on the team is part of the scene. Coach this to go very, very fast. There is no time to think--just go! If there are two teams, they alternate.

Cooperative Choreography

Objective: Develop creativity, rhythm, and sense of community.

Materials: Music, Room to Dance

How to Play: Choose an upbeat song. Have children spread out and be aware of their personal space. When the music begins have one participant perform 1 dance move. (Usually it helps if the Teacher or Group Leader begins). The entire group will perform the dance move together. The next player will then demonstrate a move. The entire group performs the new move and then starts over with the first move. This continues until all players have shared their dance move with the group. The result is a cool choreography created by Cooperation!