

# **New Games**

These games have been adapted from traditional types of tag, relay, team sports, or individual sports to create student engagement in the activities.

## **Purpose**

To expose students to new experiences that are enjoyable, fun, adaptive to one's individual circumstance or situation.

## **Benefits**

Each game that is played can follow the rules set forth in the explanation or they can be adapted to fit one's unique class.

The focus of the games is what the teacher outline for the class, examples can include the following:

1. Skill-related fitness- agility, balance, coordination, speed, power, reaction time
2. Health-related fitness- cardiovascular endurance, strength, flexibility
3. Social skills- group problem-solving, cooperation, communication, adaptability, teamwork, etc.
4. Physical skills- gross motor movements, fine motor movements
5. Spatial awareness- distance, perception
6. Mental skills- focus, strategic awareness, problem-solving, common sense, attitude

## **Games**

Included but not limited to the following:

1. Human knot
2. Points
3. Partner to group games
4. Group jump rope
5. Hula hoops
6. Blindfolded activities
7. Team building activities