



BACKGROUND

Physical activity opportunities after school should be enjoyable, include all children regardless of ability, and involve children in deciding what activities are offered.

OBJECTIVES

1. Know the CATCH goals and rules
2. Demonstrate and lead a HOP'N CATCH game for the programs.
3. Communicate HOP'N CATCH to adult leaders.

STRATEGIES

1. Provide children with control over their choices for physical activity to increase self-efficacy.
2. Active experience to increase self-efficacy and enjoyment for physical activity.
3. Build proxy efficacy and leadership skills.

TIME NEEDED

60 Minutes
Final Touches (20)
Group Presentations (40)

GETTING READY

1. Invite after school program manager to watch the presentation.
2. Review the children's HOP'N game cards and write suggestions.
3. CATCH Physical Activity Equipment
4. CATCH Physical Activity Box
5. Index Cards
6. Pencils
7. Rubrics
8. Poster board
9. Markers

Module 8: Let's Play My Game

1. Greeting & distributing nametags.
2. Final Touches. The students will review their games and prepare to present their game to the after school program.
3. Team presentation of HOP'N games. The students will present their games to the group. Students who are not presenting will fill out a rubric over the presentation.

Fun on Your Own!

The students will be encouraged to play favorite games with friends at the after school program, recess, and their homes.

FREQUENTLY ASKED QUESTIONS

1. This is where you will type frequently asked questions.

Module 8: Let's Play My HOP'N Game

Activity 1: Final Touches

Objective:

The students will demonstrate knowledge of the CATCH goals and rules.

Materials:

Blank CATCH cards

Pencils

Rubrics [number of students x (number of groups –1)]

Equipment needed for the game

Poster board

Markers

Time:

Introduction/ getting into groups/ distribution of materials (4)

Revision & Rehearsal (12)

Filling out a rubric (4)

Total: ~20 minutes

Procedure:

The instructor will share with the students that today they will be putting finishing touches on their game and presenting their game to the rest of the students. The instructor will distribute materials as she/he talks to the students. The students will brainstorm what that means to be a good presenter and audience member (quiet audience; clear, appropriate speaking voice; only laughing when things are supposed to be funny; everyone participates). The students will have 12 minutes to make changes to their game, write the final copy of their game on their card, and rehearse their presentation. The instructor will circulate the room helping students with questions, time management, and getting needed equipment. The students will form back into a large group and the instructor will review the rubrics and how to fill out a rubric. The instructor will explain that a rubric is an accurate and fair way to judge. The instructor will explain that we want the games to meet the HOP'N rules and a rubric is a way to test that. The instructor will ask the students to generate appropriate comments. The instructor will explain that games that meet the HOP'N rules will be added to the HOP'N box so they can be played at the After School Program and may be shared.

Follow-up/ Assessment:

The students will present their games while they are peer critiqued using a rubric.

Modifications:**Discussion Points**

Review CATCH rules.

Module 8: Let's Play My HOP'N Game

Activity 2: Group Presentations

Objectives:

- The students will demonstrate knowledge of the CATCH goals and rules.
- The students will demonstrate and lead a HOP'N CATCH game for the programs.
- The students will communicate HOP'N CATCH to adult leaders.

Materials:

Pencils

Rubrics [number of students x (number of groups -1)]

Equipment needed for the game

Time:

Group 1 (8)

Group 2 (8)

Group 3 (8)

Group 4 (8)

Group 5 (8)

Total: ~40 minutes

Procedure:

The instructor will randomly draw the order of the group presentations. The groups will have 8 minutes to present their game. While a group is presenting, the other students will complete a rubric.

Follow-up/ Assessment:

The students who created games that are consistent with the HOP'N rules will have their games added to the CATCH box and will present their game to the manager and/or director.

The students will be encouraged to play favorite games with friends at the after school program, recess, and their homes.

Modifications:

Discussion Points:

Module 8: Let's Play My Game!

Introduction

1. Welcome students back to HOP'N Club. Say,

This is the eighth week of HOP'N Club. What is HOP'N Club? HOP'N Club is a once a week club where we focus on four healthy goals. What are the four HOP'N Goals? Be Physically Active everyday. (Great. How many minutes should we try to get at least? 60 minutes And how many minutes after school? 30) Eat fruits and vegetables at every meal or snack. Cut back on T.V. and video games. (Does that mean never watch T.V.? No, but we should try to limit our T.V. to 2 hours a day.) Drink less soda and juice drinks. (Does that mean never drink soda and juice drinks? No, but we should try to limit our soda and juice drinks to less than one glass a day.) What does HOP'N stand for? Healthy Opportunities for Physical Activity and Nutrition. Today, you will have some time to work on your game, you will present your game to the group, and finally is we have some time left over we will play your games.

Final Touches

1. Explain the suggestions you made for their games. Say,

Today you will get back into the groups you worked with last time to make your games. You will be putting finishing touches on your game and you can use the art supplies to make a poster.

2. Distribute materials to the students.
3. Circulate the room assisting students and offering prompts.

Encourage students to brainstorm ideas how to present their game. Remind them to write the final copy of their game on their card, and rehearse their presentation. Help students get the equipment they need.

4. Review appropriate listener and presenter behaviors. Say,

What does a good audience member look like? Quiet voice, laughing only when things are supposed to be funny, hands to self, eyes on presenter, answers will vary.

What does it means to be a good presenter? clear, appropriate speaking voice; everyone participates; avoid fidgeting, answers will vary.

5. Review the rubric. Say,

A rubric is an accurate and fair way to judge. We want the games to meet the HOP'N rules and a rubric is a way to test that. Games that meet the HOP'N rules will be added to the HOP'N box so they can be played at the After School Program and may be shared.

Teams presentation of HOP'N games

Determine the order of the group presentations. Say,

The groups will have 8 minutes to present their game. While a group is presenting, the other students will complete a rubric.

Time permitting, allow students to play a game or two.

Review

1. Remind the students. Say,

Everyone did a great job with the presentations. Next week, we will be talking about fruits and vegetables.

2. Collect nametags.