



## GAME IN A BOX

### RECOMMENDED AGE

#### GROUP:

- 5-7  
 8-10  
 11-12

#### ACTIVITY THEME:

Importance of following rules and boundaries in game play

### DURATION:

Prep Time: **5-10** minutes  
 Activity Time: **30-40** minutes

#### ACTIVITY PURPOSE:

Teach children the importance of safety rules in sport and physical activity

### ACTIVITY GOALS:

- Learning each other's names  
 Team building and cooperation  
 Building trust  
 Learning a new skill  
 Embracing differences and accepting diversity  
 Other: Importance of following rules and listening

### EQUIPMENT:

- Boxes,
- Sports equipment.

## RESOURCES

#### ACTIVITY AREA:

This activity is suited for a gymnasium or outdoor space.

#### SAFETY:

Following the rules helps to keep everyone safe.

## ACTIVITY DESCRIPTION & INSTRUCTION

#### PREPARATION:

- ▶ Gather the materials and equipment required for this activity.
- ▶ Establish boundaries and the play area.

#### ACTIVITY DESCRIPTION:

- ▶ Divide the groups into small teams of 5-6.
- ▶ Provide each team with a box of sports equipment. The contents of each box can be the same or different.
- ▶ Teams have 7 minutes to develop a new game or physical activity using only the equipment in their box. Each game or physical activity must have 6 safety rules and be played within the designated play area.
- ▶ Teams have 5 minutes to present their game or activity to the group, and another 5 minutes for everyone to play the game.



**DISCUSSION POINTS: SAFETY RULES**

- ▶ Why are safety rules so important in sport?
- ▶ What is the role of a referee/umpire?
- ▶ How do they keep players safe during the game (i.e.enforcing the rules)?
- ▶ Discuss the effectiveness of following safety rules.Have children offer suggestions for modifications to safety rules.
- ▶ Discuss how games are more fun and safer when following the rules i.e.T.E.A.M. – Together Everyone Achieves More.

**▶ GUIDED DIRECTION**

- ▶ Ensure that all participants have an opportunity to contribute their ideas to the development of their team’s game or activity.

**▶ TAKE HOME MESSAGES**

We are learning about the importance of following rules.Please review our program content with your children and review the rules with them:

- ▶ Teaching and following rules keeps everyone safe and makes the game fun for everyone.
- ▶ Teaching Rules and safety with a fun game is effective.
- ▶ Children assume more ownership and responsibility for safety when they have the opportunity to contribute to the making of the rules.
- ▶ Discuss the importance of being a good listener and how it contributes to being a good teammate and creating a safe environment.
- ▶ Discuss the importance of thinking before we act or react!

**ACCOMMODATIONS & CONSIDERATIONS:**

*CONSIDER CREATING THE FIELD OF PLAY SMALLER FOR YOUR WHEELCHAIR PARTICIPANTS.*