



ERASMUS+ PROJECT THE CHALLENGE TO A HEALTHY LIFE 2021-1-RO01-KA220-SCH-000024460

Physical Education Educational Games Plan

The Value and Purpose of Sports Educational Games:

- *To develop the sense of struggle in students.
- * Developing speed and agility in students.
- * Playing the game in a friendly way
- *Celebrating the winner and learning to accept losing.
- * To develop the ability to work in groups.

Name of Games:

Game 1: GET - GIVE (15 minutes)

Game 2: Stafet Race with Funnel (20 minutes)

Game 3: HUNTER'S BALL (20 minutes)

Game 4: BACK TO BACK(15 minutes)

Total time: cca. 70-80 minutes

Participants: cca. 25 students



Game 1: GET - GIVE

PLACE OF THE GAME: Gym or Garden

GAME EQUIPMENT: Ball (3kg)

DURATION OF THE GAME: 15 minutes

NUMBER OF PLAYERS: 16-18 Players

PURPOSE OF THE GAME: To develop students' strength

GAME RULES AND EXPLANATION: Two equal numbers of teams are prepared.

These teams play parallel to each other on the volleyball court.

They line up in the deep arm. The game begins and the player in the front row passes the ball over his head to his teammate behind him.

gives. That player passes the ball to his friend behind him in the same way.

The ball then goes to the player behind. The ball goes to the last player on the team

When he arrives, he runs to the front of the line. He passes the ball over his head to his teammate behind him. The game continues like this.

The first team to reach the qualifying order at the beginning of the game wins the game.

Game 2: Stafet Race with Funnel (20 minutes)

PLACE OF THE GAME: Gym or garden

GAME EQUIPMENT: Funnel and training vest

DURATION OF THE GAME: 20 minutes

NUMBER OF PLAYERS: 18-20 players

PURPOSE OF THE GAME: To improve students' quickness

GAME RULES AND EXPLANATION: Students are divided into two equal teams.

Teams line up in the deep arm. There are 4 funnels arranged 1 meter apart in front of each team.

At the starting signal, the first players of the team run in their own rows.

He washes all the funnels one by one with his hand. It turns from the designated place and hits the second player's hand.



The second player picks up the fallen funnels again and replaces them. Turning from the turning point, he hits the hand of his friend waiting in line and goes behind the team. This game
It continues like this. The first team to finish wins the game.

Game 3: HUNTER'S BALL

PLACE OF GAME: Gym or garden

GAME EQUIPMENT: Handball ball and training vest

DURATION OF THE GAME: 20 minutes

NUMBER OF PLAYERS: 10-12 players

PURPOSE OF THE GAME: To develop students' endurance

GAME RULES AND EXPLANATION: The midwife is chosen among the students scattered on the handball field. The midwife is trying to hit other students with the handball ball in her hand. The students who were shot also become midwives. The last student remaining without being hit wins the game.

Game 4: BACK TO BACK

PLACE OF THE GAME: Gym or garden

GAME EQUIPMENT: Ball, funnel and training vest

DURATION OF THE GAME: 15 minutes

NUMBER OF PLAYERS: 18-20 players

PURPOSE OF THE GAME: To improve students' coordination

GAME RULES AND EXPLANATION: Students are divided into two equal teams in pairs. The couples in front stand back to back and squeeze the ball between them. With start sign it moves with sliding steps towards the funnel 10-12 meters away. He walks around the funnel and passes the medicine ball to his friends in line. The game continues like this. The first team to finish wins the game.