Worksheet 2

Computer Games
Get Active!

These days obesity is a growing problem, and a 'passive' lifestyle,
such as sitting on a couch looking at TV, or spending hours
in front of a computer screen, may be largely to blame.

Living a 'passive' lifestyle as mentioned in the excerpt from *Computer Games* above is one of the main causes of childhood obesity. Being overweight can have an immensely negative effect on a child's quality of life. Not only does it cause health problems but it may also lead to social problems such as being teased or bullied.

Task 1: Run a sports clinic for children in a younger class. Begin the clinic with a short presentation about the benefits of exercise such as improved fitness, balance and posture, skill development and the opportunity to word as a team and make friends.

Include a series of stations where the children are grouped and rotated after a certain time. Ask the class teacher and some of your classmates to help you out with the logistics! Ideas for stations include:

- ball handling skills
- skipping/jumping rope
- obstacle course using playground or gym equipment
- running/hurdling around or over objects
- spinning hoops around the waist

Helpful hints to running a successful clinic:

- Be sure to explain each station carefully and clearly.
- Use popular high-energy music as the children are exercising to increase motivation and enjoyment.
- Offer small rewards (such as stickers – *not* lollies!!) for children who are showing great skill and effort.

Extension Activities:

- Design a board game similar to *Snakes and Ladders* incorporating advice about keeping fit and healthy. Include references to food choices, staying active and minimising sedentary behaviour. Offer the board game to your classmates or students from a younger class to play.

- *Did you know?* Some health issues such as hand injuries, neck pain, headaches and eyestrain can be caused from computer game overuse. Compose an informative text explaining this risk and offer advice on how to avoid these types of problems e.g. setting time limits, taking regular breaks, adjusting posture and screen dimming.