

Powerful Play: Active Games That Help Kids Sweat, Smile, and Get Smarter

Today....

- ✓ How games and fun activities can be used for your adult programs
- ✓ How movement is tied to physical, emotional, and cognitive health throughout the lifespan

The Formula for a Brain/Body Downfall

1. Do Nothing
2. Do Only One Thing

The Power of Play

1. Cognitive impact
2. Social impact
3. Fitness impact

Cognitive Impact of Play

- **When aerobic:** Increase size of hippocampus, improves focus and memory
- **When novel:** Increases neural activity/growth, concentrations of BDNF
- **When complex:** Increases information rate of transfer between hemispheres of the brain

Social Impact of Play

- Decreases aggression
- Improved bonding (release of oxytocin)
- Improved social cohesiveness

Fitness Impact of Play

- Increased effort/intensity
- Increased adherence to program
- Enhanced coordinative skills (perceptual motor skills)

Perceptual Motor Skills: Linking Body and Brain

1. Body awareness
 - 10 Cone Adventure
 - Creative discovery
2. Directional awareness
 - Number Race
3. Spatial awareness
 - Agility shapes
4. Temporal awareness
 - Movin' Rhythm

Perceptual Motor Skills: Linking Body and Brain

- 5. Auditory awareness
 - Whistle tag
- 6. Visual awareness
 - Partner shuffle and tag
 - 1-eye cone shuffles
- 7. Vestibular awareness
 - Head move balance
 - 4-Way Balance

Perceptual Motor Skills: Linking Body and Brain

- 8. Tactile awareness
 - Spelling relay
 - Group massage
- 9. Proprioceptive awareness
 - Forward/back steps

Play!

- Multidirectional Get Up and Go
- Bear, Crab, Butterfly
- Backyard Ballgame
- Partner Cone Race
- Over, Under, Around
- Shoe Tie Challenge
- Beach Ball Race

Safety

- Small space
- Speed of movement
- Level changes
- Awareness
- Implements

Thank You!!!

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SPIDERfit Kids

www.spiderfitfree.com

www.powerfulplayground.com

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