

Explanation of Skillastics Large Mat Games

1. Divide a group of kids into six groups and assign each group a color (doesn't matter what ages or abilities in each group, or the groups do not have to have the same amount of kids).
2. You put the teams away from the large mat (as far away as your space will allow – blue team goes there, green team goes there, and so on... If you have them, lay out poly spots of the teams same colors in their team area – that way they remember their color.
3. You number off each child in each team. That way they know how to take turns.
4. The way you start the game is say “Go”, or turn on some music. The first child from each team runs to the color die they were assigned, they roll their die. Whatever they roll, they move their game piece and land on a drill, look at the drill and run back to their group, tell their group, and everyone in that group does that activity. When they are done doing the amount required, the second child from that group runs to the large mat and repeats the process. So six teams are doing this independently of each other, but everyone is moving and doing the activities at one time.
5. But wait...what happens when a child rolls the die, lands on a activity, looks at the activity, runs back to their group – by the time they get to their group, they've forgotten what they landed on. We created 6 mini mats that every team has as a reference. A child then runs to the large mat, sees the number in the right hand corner, runs back to the group saying; “we have to do #3”, everyone looks at the mini mat, and then they all do it.
6. Also, the bottom three numbers represent, beginning, intermediate or advanced repetitions. So the instructor can tell the children before the game starts – “today we are going to do the BLUE repetitions”, but as they increase their endurance, you can say, “You are doing great, today we are doing the RED repetitions”, and so on. Some options could be, having the children go around the large mat three times, first time around doing the most repetitions, second time around doing the intermediate and third time around doing the easiest, or blue repetitions. Or after you have the children play the game for awhile, the child whose turn it is to roll the die, decides what amount his/her group will do.
7. When a child is running to the large mat to roll the die, the rest of his/her teammates are standing, waiting for them to return with the new activity. We don't like children standing – we want them moving all the time, so we created 10 miniature activities (contained in manual), which children can do while they are waiting for their teammate to return.
 - a. The instructional manual includes each of the activities, how to teach them and what muscle groups are being used in each activity. What you can do, is make copies of these flash cards of the proper and common names of the muscle groups, and give them to each team so they can match the muscle groups while they are playing the game.

- b. You could also make copies of these sheets that includes each of the activities, and when a team lands on an activity and does the activity, all of children as a group have to figure out what muscle groups were being used in that activity.
8. Now, after awhile, children will inevitably ask; “who wins?” Initially, the emphasis on this game was participation, but you definitely can make it a competition. For instance, each team has a starting spot. First team back to their starting spot wins the game. Or you could play for say 20 minutes. Every time they pass their starting spot, they run to the instructor and get a token of some type or get a point. The team with the most tokens or points at the end of 20 minutes wins the game. If you notice a team is not doing the amount of repetitions required (cheating), then you take a token or point away.

Explanation of Halfpint Skillastics –

“**HalfPint Skillastics™** was created to help teachers, parents, child-care providers and fitness instructors introduce to 3-7 year olds a variety of different movement skills, as well as encouraging creativity and imagination in a non-competitive environment. **HalfPint Skillastics™** also promotes color, number and shape recognition – helping to solidify these skills.”

There are so many different ways you can play Halfpint Skillastics, but this is how the rules of the game are explained:

- 1) Take a group of young children and divide them into two groups. One group will be working with the color die, one group will be working with the shape die. All of the 36 activity cards are laid on the ground (face down), away from the children. The way the game begins is a child in the color die group rolls the die, and lands on yellow. That child would run to the cards and find a yellow card. He/she would bring that card back to the group. Before the game started the teacher would of said that “today we are doing the amount in the heart”. Then they look at the number and all do that amount for that activity. When they are done another child from that group repeats the process. The shape die group is also doing the same thing at the same time. After the children get an understanding of this game, you can put the group together and a child has to roll both die. Then they have to find, say a yellow circle. This makes it more difficult. A good way to introduce these activities is maybe pick 5 activities a day and let the children work on those until they have a chance to work on all 36 of the activities – then introduce the game. As I mentioned, you can use these cards in a lot of different ways. If you find your class is getting a little restless, pull out the cards, have them do a few of the activities. They will release all their energy and then be ready to return to the task at hand.

Basketball Skillastics –

Played just like fitness, but includes basketball skills and drills.

Soccer Skillastics –

Played just like fitness, but includes basketball skills and drills. All activities were approved by AYSO (America Youth Soccer Organization)

Skillastics tries to accomplish three things:

- 1) Make it available and FUN for all children of different ages and abilities.
- 2) Create an activity that allows a lot of children to keep moving at one time.
- 3) Easy to set up and teach. You don't have to be a fitness/basketball/soccer expert to set up and teach these games.