



### *1st Game : Dodge Ball*

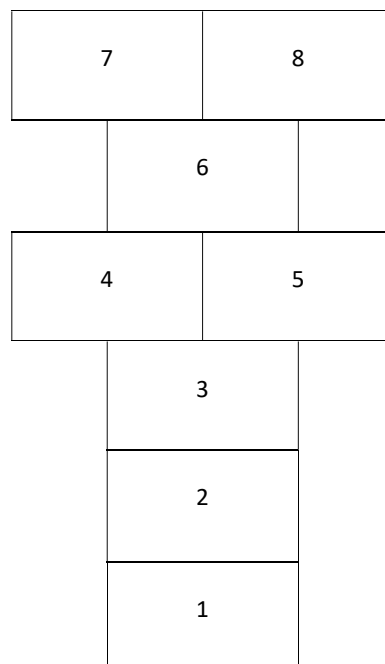
1. Introduction: Fun activity for physical development in children
2. Target group: Growing children
3. Key Words: Fun activity, Energy consumption
4. Purpose of the game? Do physical activities to support physical development in children
5. Indoor or Outdoor Game? Open air event
6. Specific reason why this game has been developed? Over calorie burning, increasing muscle activity, strengthening body motor development
7. Materials: Ball, Chalk
8. Description&Instruction: A game which is played with two groups of children with the ball.  
Step 1 - Children are divided into TWO groups  
Step 2 – Do a lottery to determine the FIRST group who will be among groups to run away from the ball.  
Step 3 - SECOND group is also divided into two groups.  
Step 4 – TWO LINES are determined at suitable distance.  
Step 5 – Each group of SECOND GROUP waits in these lines at suitable distance.  
Step 6 – The FIRST GROUP stands in the middle of two groups of SECOND group situated on the lines.  
Step 7 - The SECOND GROUP waiting on the line tries to shoot the children in the FIRST GROUP in the middle with the ball and shoot all the children out of the game.  
Step 8 - SECOND GROUP emerges after hitting all the children in the middle, and the FIRST GROUP starts to run away wholesale  
[https://www.youtube.com/results?search\\_query=yakar+top+oyunu](https://www.youtube.com/results?search_query=yakar+top+oyunu)
9. Results of the game: Spend more energy with game exercises, improve body growing.
10. Queries & Consideration:  
Children grow up healthy if their development is supported by game exercises  
Regular eating and moving (exercising) have an important place in healthy development. Exercise with a diet which is accompanied by expert gives good results in high quality.
11. Conclusions: While children are healthier and happy with their game exercises, physical development becomes stronger.



### 2nd Game: Hopscotch

1. Introduction: Activity developed to provide entertaining physical activities for children
2. Target group: Growing children
3. Key Words: Energy expenditure with fun
4. Purpose of the game: Do physical activities to support physical development in children
5. Indoor or Outdoor Game: Open air event
6. Specific reason why this game has been developed? Providing calorie breakdown, increasing muscle activity, strengthening body motor development.
7. Materials: Chalk, flat stone, half tile piece
8. Description&Instruction:

Step 1-A straight-line of the game is drawn as below



Step 2 - Start a game with the aid of a flat stone or tile.

Step 3- The game begins by throwing a stone or tile to the point 1 of the drawn line.

Step 4- It jumps over the stone and progresses to the last number drawn on the floor.

Step 5- The game is completed by taking a stone from the starting point of the game.

[https://www.youtube.com/results?search\\_query=sek+sek](https://www.youtube.com/results?search_query=sek+sek)



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#### 9. Results of the game:

Spend more energy with game exercises, increase body and motor development, provide healthy nutrition support

Permanent weight loss by eating healthy cause happiness psychologically.

Although not as desired, slow weight loss is achieved by continuing to diet and exercise.

10. Queries & Consideration: Children grow up healthier if their development is supported by gym exercises and healthy nutrition

#### 11. Conclusions:

Children become healthier both physically and mentally with such games. Healthy eating effectively supports these features.

According to experts, these types of exercises, which express continuity, have an important place in children's healthy development.