



# Video Game



## Fun Activity

Low Energy

Equipment required -  
N/A

NB: Other adaptations applicable

## Activity Overview

Children move around the area and are asked to remember 2-3 commands listed below. Children respond to these, using the appropriate actions. Pause after 2 minutes and add 1-2 more commands for them to remember until they play a full video game.

- Play - walk around
- Rewind - run / walk backwards
- Fast Forward - run
- Pause - jump on the spot
- Stop - stop
- Search for the programme - get the children to skip sideways.
- Change - they then change direction.
- Slow Motion - walk in a slow exaggerated way.
- Eject - Big jump
- Record - Pull a funny face



## Outcomes and Skills Development

Fine motor skills & movement (Running, Coordination, Listening & memory)

Awareness of collaborative work through turn-taking

Positive behaviour that contributes to fair play: accepting defeat & following rules

Apply group tactics & strategies

## 1 : 1

Take turns with the young person calling out the commands. Challenge the young person by naming 2-3 commands at once to see if they can remember the order of each command.

## Small Group

This activity can be kept the same within small groups, To increase intensity, change the speed in which commands are called out.



## Progression

- Add more running or jumps to increase intensity.
- To calm the group, decrease the pace towards the end.
- Allow a young person to call out a command and switch young people every time.
- To finish, challenge the young people to try and go through a chain of commands from start to finish