Objective

By the end of this lesson, the student will understand the basics of physical activity through gaming, improve their coordination and reflexes, and learn about the importance of balance between gaming and physical health.

Materials and Prep

- Nintendo Wii console
- Wii remotes
- Wii Fit or any other active game
- Space to move around safely
- Optional: A timer or stopwatch

Before the lesson, ensure the Wii is set up and the games are ready to play. Make sure there is enough space for the student to move freely without obstacles.

Activities

- **Wii Fit Balance Games:**

  Start by playing some balance games on Wii Fit. These games will help improve balance and coordination. Track how long the student can stay balanced on the board!

- **Active Sports Games:**

  Play sports games like tennis or bowling. Discuss how these games mimic real-life sports and how they can help with physical fitness.

- **Dance Party:**

  Use a dance game to get moving! This will not only be fun but also a great way to get some exercise. Encourage the student to try different dance moves and see how they improve!

- **Cool Down and Reflection:**

  After playing, take some time to cool down. Discuss how the activities made the student feel and what they learned about physical activity while gaming.

Talking Points

- "Did you know that playing games like these can actually help you stay fit? It's like exercising but way more fun!"
- "What do you think helps you balance better in the games? Is it your feet, your arms, or your focus?"
- "How do you feel after playing active games? Do you feel more energetic or tired?"
- "Can you think of any real sports that are similar to the games we played? How do they help you in real life?"
- "Why do you think it's important to take breaks and cool down after playing? What does your body need?"
- "How can we make sure we balance gaming with other activities? What else do you enjoy doing?"
- "What was your favorite game today? Why did you like it the most?"
- "Did you notice any improvements in your skills while playing? What do you want to practice

next time?"
- "How does playing games with friends or family make it different? Is it more fun?"
- "What have you learned today about being active while gaming? Can you share it with someone else?"