

## Clean Your Room

*Equipment:* Balls and/or beanbags

*How to Play:* Divide class into two teams, with a centerline separating the teams. Spread balls out over the gym floor. On signal “Go” students are to throw their mess (balls) into the other team’s room. When the teacher says stop, the students are to stop throwing and sit down. Balls are counted in each room. The room with the least amount of balls wins. They have the cleanest room. Start the game again.

This activity is from the Medical College of Georgia FitKid Project Intervention Manual. Yin, Z., Hanes, J., Jr., Moore, J.B., Humbles, P., Barbeau, P. & Gutin, B. (2005). An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. *Eval Health Prof.* 28(1), 67-89.