**Low Organized Games (LOGs)**

**What are LOGs?**

They are simple games and activities that require minimal time to get started. Usually, these games are directed towards children because they’re at the bottom of the “hierarchy of games” therefore they are also seen as the foundation to more complex games.

When playing these games, there is little demand on the players in terms of roles, strategies, and rules.

Fitness is directly associated with LOGs because these games include a fitness aspect that gets people moving around and active.

Games of low organization can be played indoors or outdoors. It is also recommended that when playing them, you wear proper athletic footwear.

**Characteristics of LOGs:**

* Few rules
* Quickly organized
* Suitable and fun all ages and for any number of participants
* Little equipment or equipment is easily accessible
* Involve developing locomotor and stability skills
* Generally inexpensive

**What are the main purposes of playing these games?**

The main purposes behind playing LOGs are to maximize game play and the participation of players, to create an environment that encourages fair play, and to emphasize the importance of fitness, teamwork, and fun.

**Skills**

Playing LOGs contribute to the development of 3 life skills:

1. Communication and interpersonal skills (e.g. cooperation, teamwork, negotiation)
2. Decision-making and critical thinking skills (e.g. gathering info, analyzing, evaluating consequences)
3. Coping and self-management skills (e.g. increasing confidence, taking responsibility)

They also work on skills such as running, jumping, catching, throwing, kicking, dodging, and strategy.

**Lesson Plan**

**When explaining:**

Name of game

Equipment needed

Location?

Organization/groups

Description/explanation

Expansion

**Day 1 🡪 Teamwork/strategy skill**

Monday

10:40am–12:00pm (1hr20m)

5min – Summarize LOGs and what’s on handout

 Which skill we’re working on today

5-10min – Warm up: dynamic stretching (leg lifts, butt-kicks, lunges, skipping)

10-20min – Drill focusing on today’s skill

 Strategy: Cat and mouse

 Teamwork:

Majority of time: capture the flag w/balls

11:25am to end of class – Their choice of game (either handball, soccer, dodgeball)

Last 7 min – clean up

**Day 2 🡪 Dodging/running skill**

Tuesday

9:00am–10:10am (1hr10m)

10-15min – Devotion and prayer

5-10min – Warm up: dynamic stretching

10-20min – Drill focusing on today’s skill

Majority of time – Teach game native to Philippines (called Patintero)

 Little preparation/equipment to accommodate set up for chapel

Last 7 min – clean up

**Day 3 🡪 Catching/throwing skill**

Wednesday

2:10pm–3:30pm (1hr20m)

5-10min – Warm up: dynamic stretching

10-20min – Drill focusing on today’s skill

Majority of time – Bombardment

 Ultimate

Last 7 min – clean up

**Day 4 🡪 Kicking/hitting skill**

Thursday

12:45pm–2:05pm (1hr20m)

5-10min – Warm up: dynamic stretching

10-20min – Drill focusing on today’s skill

Majority of time – California Kick ball

Last 7 min – clean up