



The "Games-as-Aerobics" Approach to Physical Activity /

Lecture/presentation Instructional

Material Projectable

The "Games-as-Aerobics" Approach to Physical Activity features an approach to exercise that stresses fun, pleasure, and repeated success. Calisthenic and endurance activities are camouflaged as games, relays, or stunts that incorporate ball passing and other movement skills for variety. Game rules are often modified to minimize skill and competition and maximize participant enjoyment. As a result, smiles and laughter often replace the grunting and groaning that are associated with some traditional calisthenic-exercise programs

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