

# FAMILY BOARD SPORT GAME

# SMART SPORT

## Game instructions

B<sub>12</sub>



C

D<sub>3</sub>



**Pertini**  
TOYS

## GAME CONTENT:

GAME  
PANEL



AWARD FOR  
THE WINNER  
OF THE GAME



40 HEALTHY  
FOOD CARDS



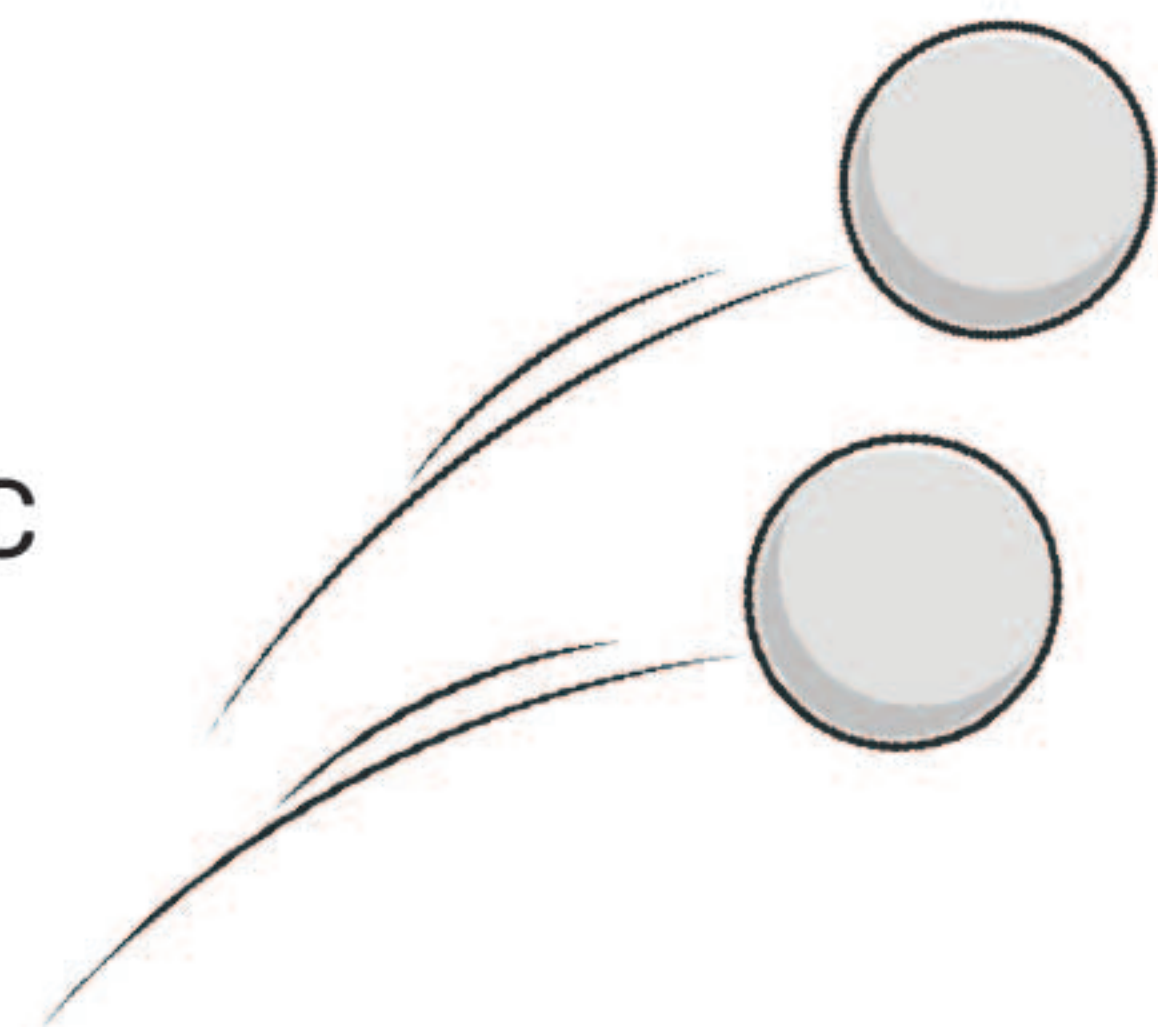
ONE CARD  
WITH A QR  
CODE LEADING  
TO AN AWARD  
FOR THE  
WINNER



20 SNACK  
FOOD CARDS



TWO  
PLASTIC  
BALLS



20 EXERCISE  
CARDS WITH  
QR CODES



36 TOKENS  
(HEALTH  
COINS)



GAME INSTRUCTIONS

## MISSION AND GOAL OF THE GAME

Sports activities have a positive effect on mental, physical and socio-emotional development. Educational social games contribute development of socialization, acquisition of new knowledge, development of team spirit, strategic thinking, decision-making, learning to win and lose.

The game SMART SPORT combines educational, social and sports elements of the game, which help children to develop all the listed skills that are gained by fun and socializing.

In solving tasks in the game, children move, practice, concentrate on imitation of the task and thus, in addition to physical and mental development, they gain self-confidence, and self-esteem.

If a group of children is divided into teams, socialization, teamwork and cooperation develop. Motor skills, which are practiced in this game, develop both fine and gross motor skills.

Fine motor skills develop by catching the ball, moving figures, coordinating eye-hand movements. The development of fine motor skills is important for the general intellectual development of children and success in graphomotor activities.

Cards and QR codes, which represent tasks with different exercises, develop gross motor skills, and that is actually the product of movements of the arms, legs and body with a certain control.

The development of gross motor skills is very important for the general development of the child. Games and exercises to stimulate the development of gross motor skills are selected to cover both the left and right sides of the body (upper and lower extremities).

Also, SMART SPORT is a family game - you strengthen family relationships and provide support to each other if the whole family plays this game. It stimulates adults to maintain healthy habits or to finally start living a healthy life.

**Healthy diet, exercise and physical activity with persistence is the key to success!**

## RULES OF THE GAME

The game is adapted for ages 2-6.  
Game duration: 36 minutes (average time)

It can be played in two ways:  
with or without the use of smart devices.

### How to play using smart devices?

First you need to assemble a game panel consisting of a cardboard board and feet.

Then, place the game panel and a deck of shuffled food cards on a flat surface. Always turn the board towards the player who is throwing the ball so that all the players are shooting from the same distance.



There are 6 circles of different sizes on the game panel. The circles are numbered 1 to 6.

- If you hit the circle number 1 with the plastic ball, you can draw 1 card from the deck. Circle number 1 is the largest and the easiest to throw the ball.

- If you hit the circle number 2 with the plastic ball, you can draw 2 cards from the deck.

- If you hit the circle number 3 with the plastic ball, you can draw 3 cards from the deck.

- If you hit the circle number 4 with the plastic ball, you can draw 4 card from the deck.

- If you hit the circle number 5 with the plastic ball, you can draw 5 cards from the deck.

- If you hit the circle number 6 with the plastic ball, you can draw 6 cards from the deck. The circle number 6 is the smallest and it is hard to hit it with plastic ball.



At the beginning of the game, a ball is thrown to determine who plays first. If two players get the same number, they shoot again until the starting player is selected. The winner is the player who hits the circle with the highest number.

Everyone shoots three times. When you collect three different vitamins, you can do exercises.



All exercises are on the cards with QR codes that you need to scan with your smart device.

When a player directly draws a card with three different vitamins, he performs the exercise right away.

When you draw more cards, you do several different combinations of exercises.

For example. If you draw 2 cards with 2 vitamins, one with vitamin B and A and one with vitamin D and C you can use both cards to do one exercise or you can save the cards and wait to draw a card with one vitamin and use it with one of the cards with two vitamins to do one exercise.

You get one more throw when you draw three snack cards. While one participant is doing the exercise, the others are watching to see if he is doing it properly.

Everyone who tries to do the exercise gets a health coin. **In accordance with the physical readiness of the child, every outcome is acceptable because every effort pays off and in the end rewards!**



**The winner is the one who first collects 6 health coins.**

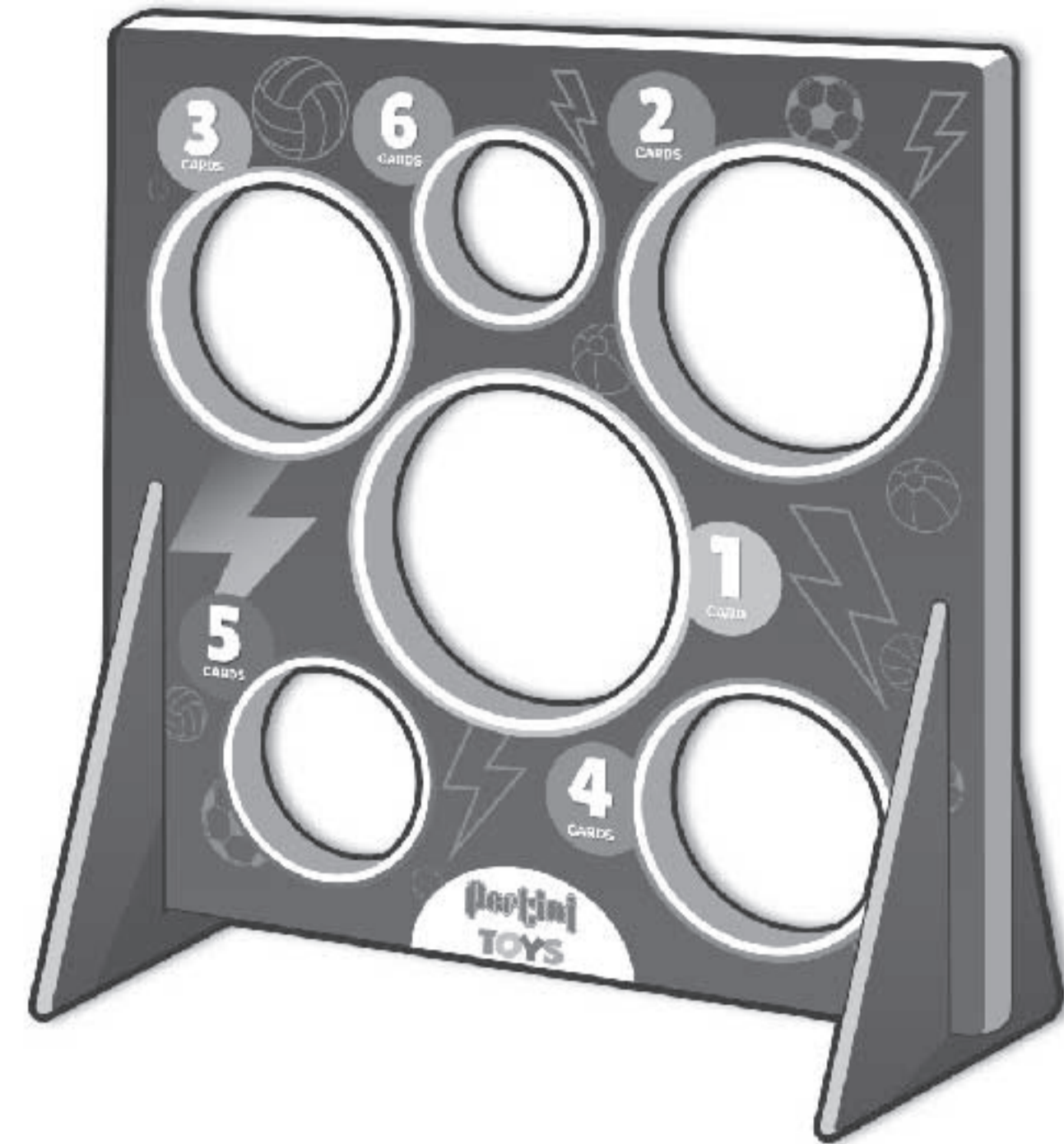
The winner receives a trophy of victory which is on the card with the QR code that you need to scan using your smart device.



## How to play without smartphones?

First you need to assemble a game panel consisting of a cardboard board and feet.

Then, place the game panel and a deck of shuffled cards with all the groceries on a flat surface. Always turn the board towards the player throwing the balls so that all the players are shooting from the same distance.



There are 6 circles of different sizes on the game panel. The circles are numbered 1 to 6.

- If you hit the circle number 1 with the plastic ball, you can draw 1 card from the deck. Circle number 1 is the largest and the easiest to throw the ball.

- If you hit the circle number 2 with the plastic ball, you can draw 2 cards from the deck.

- If you hit the circle number 3 with the plastic ball, you can draw 3 cards from the deck.

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At the beginning of the game, a ball is thrown to determine who plays first. If two players get the same number, they shoot again until the starting player is selected.

The winner is the player who hits the circle with the highest number.

Everyone shoots three times. When you collect three different vitamins, you can perform exercises. The exercise you will perform is always chosen by your controller. If two players are playing, they are each other's controllers.

When three or more players are playing, your controller is the person to your right. Your controller is there to remind you if you forget the names of the foods you need to say while doing the exercise.

For example. You got the spinach card, which contains vitamin K, and watermelon, which contains vitamins A and C. Thus, you can perform the exercise. Your controller to your right chooses which exercise to do. When you start with the exercise you say 3x:

spinach watermelon  
spinach watermelon  
spinach watermelon

When someone directly draws a card with three different vitamins, they immediately perform the exercise.

When you draw more cards, you do several different combinations of exercises. For example - if you draw 2 cards with 2 vitamins each, one with vitamin B and A and one with vitamin D and C you can use both cards to do one exercise, or you can save the cards and wait to draw a card with one vitamin and use it with one of the cards with two vitamins to do one exercise.

When you draw three snack cards you get the right to throw the ball again. While one participant is doing the exercise, the others are watching to see if he is doing it properly.

Everyone who tries to do the exercise gets a health coin. **In accordance with the physical readiness of the child, every outcome is acceptable because every effort pays off and in the end rewards!**



The winner is the one who first collects 6 health coins. At the end of the game, the winner should pick up the cup and read the names of fruits and vegetables from the collected cards.

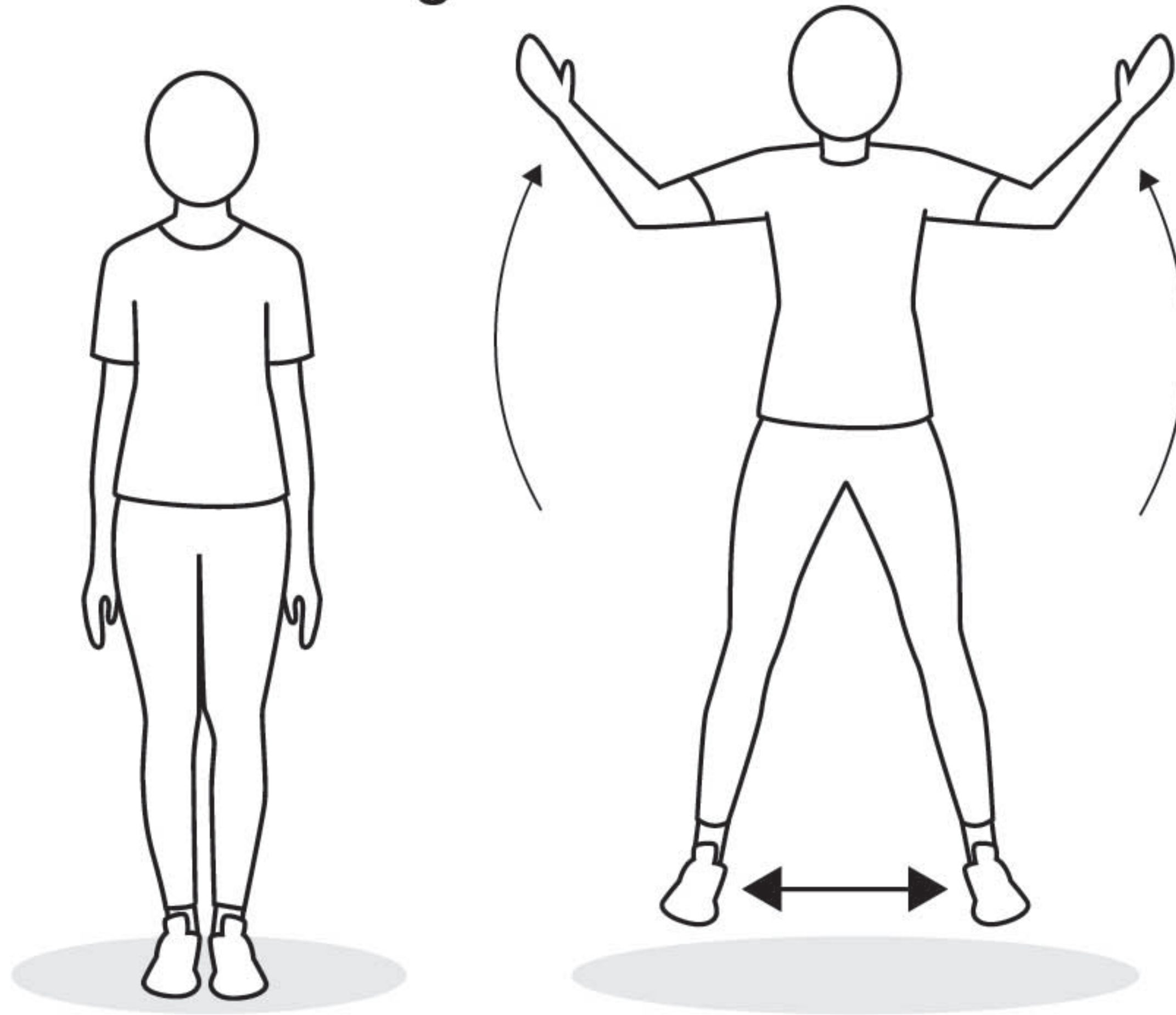




## How the exercises are performed?

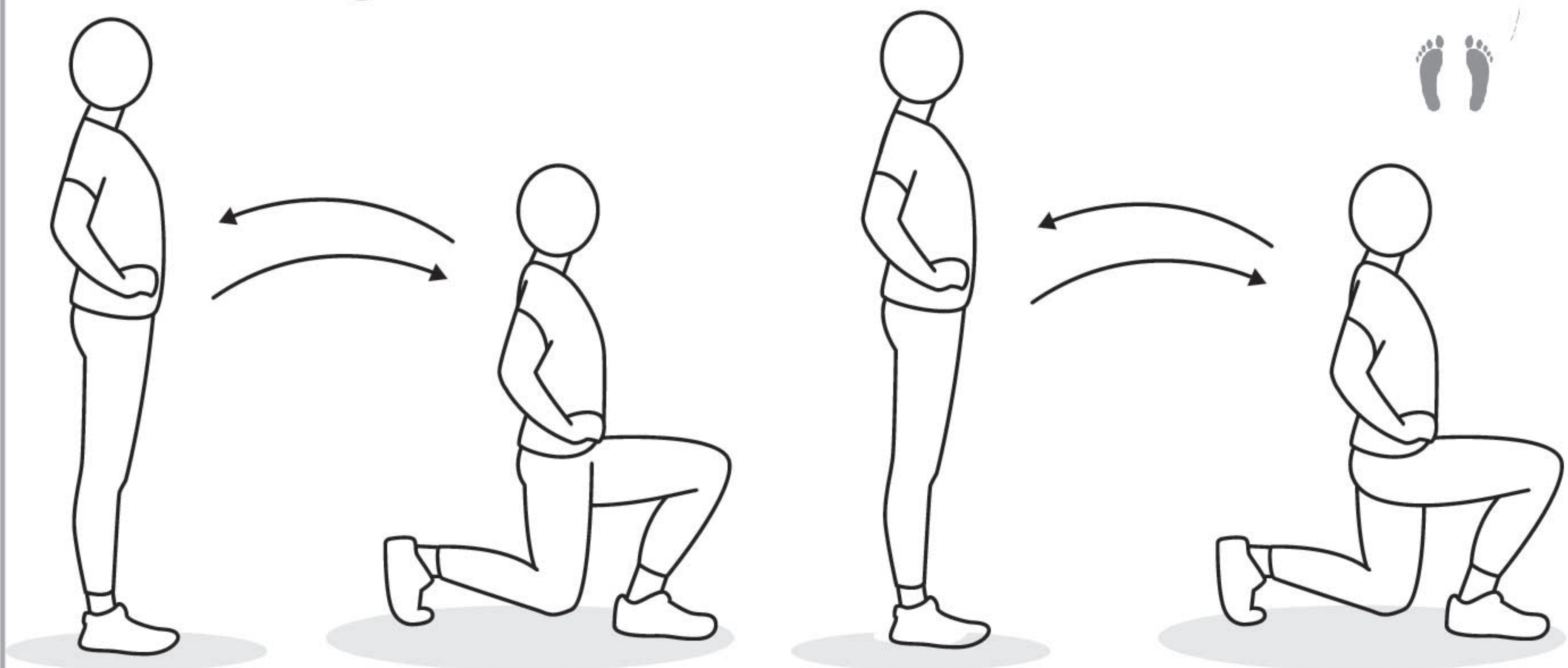
1

**Smiling faces** – Make a jump from a standing position with the arms and legs pointing outwards. Repeat the jump several times and don't forget to smile!



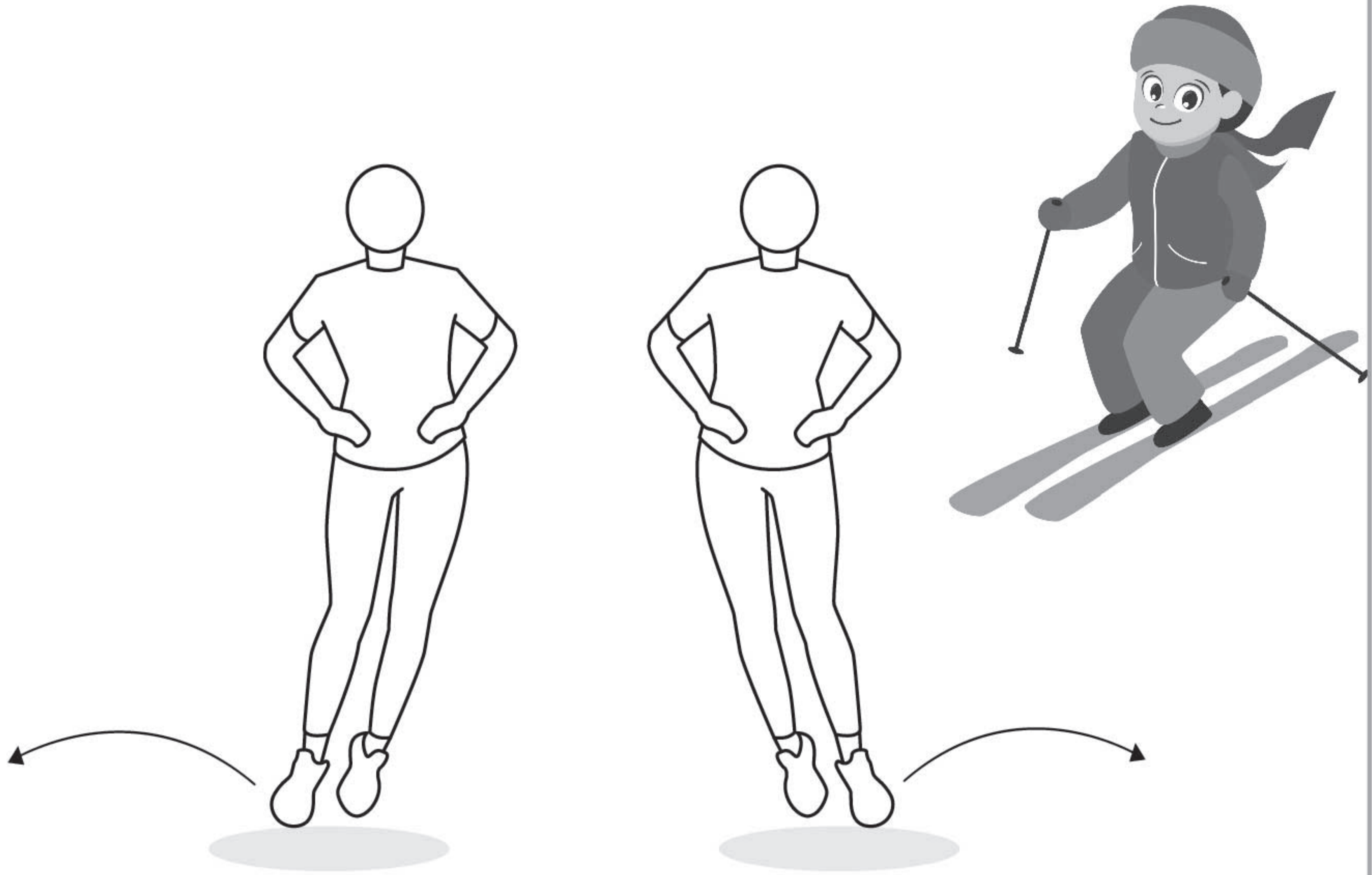
2

**Step by step** – Stand in a standing position with your arms on your hips, then step forward into position where your front knee is deeply bent while your torso is erect. Return back to the starting position. Repeat the movement, but now step out with your other leg.



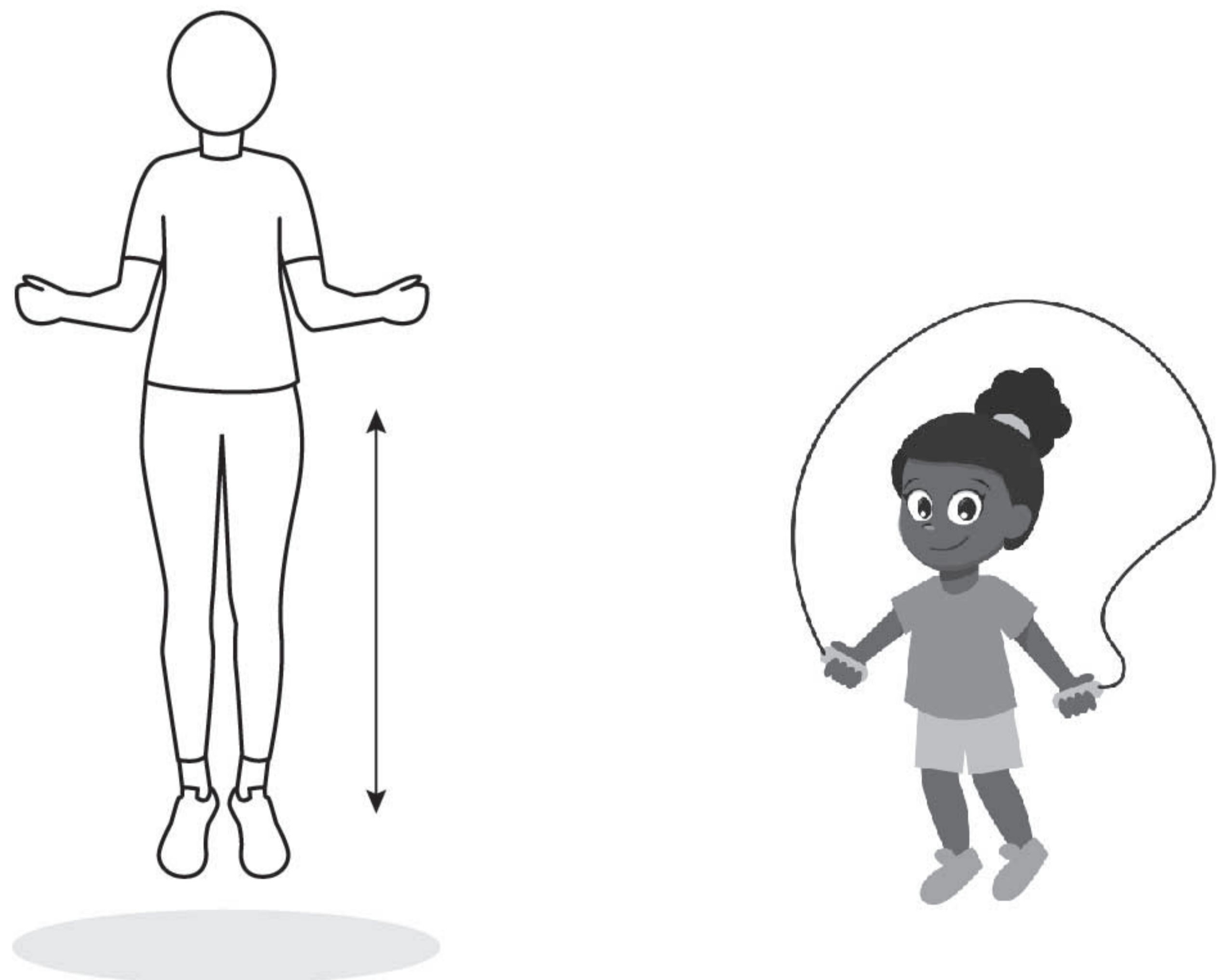
3

**Ski hops** - Side to side hops! Jump to the left, and then jump to the right. Repeat this several times and have fun!



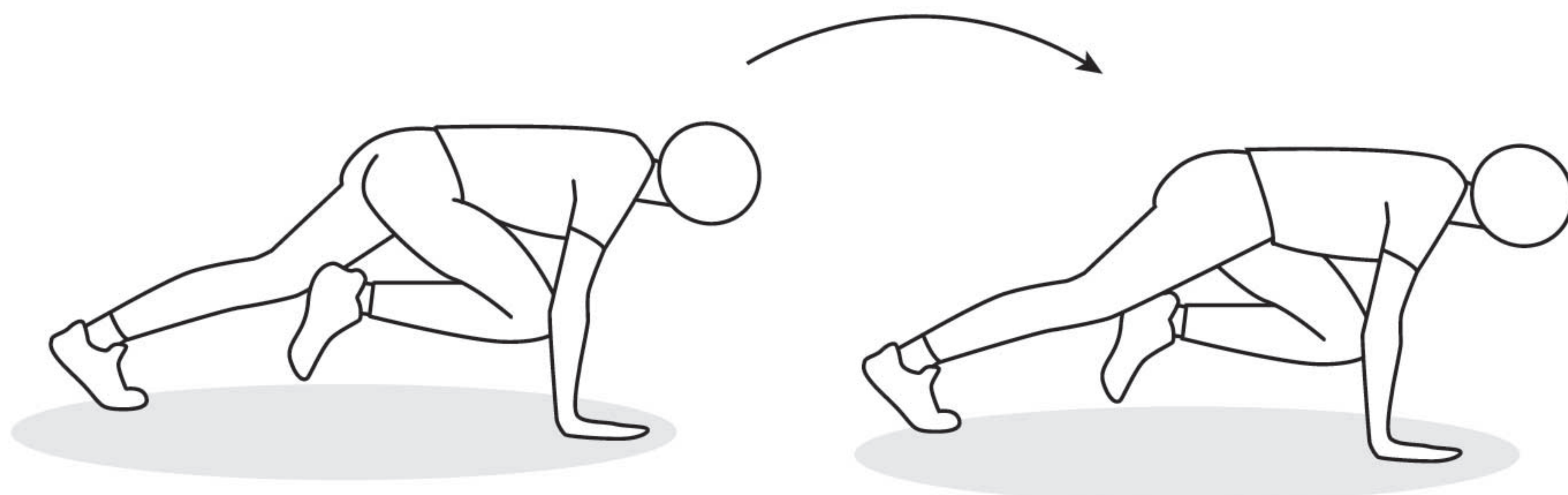
4

**Jumping like a rope** - Keep your hands in the air and jump. Repeat this exercise several times.



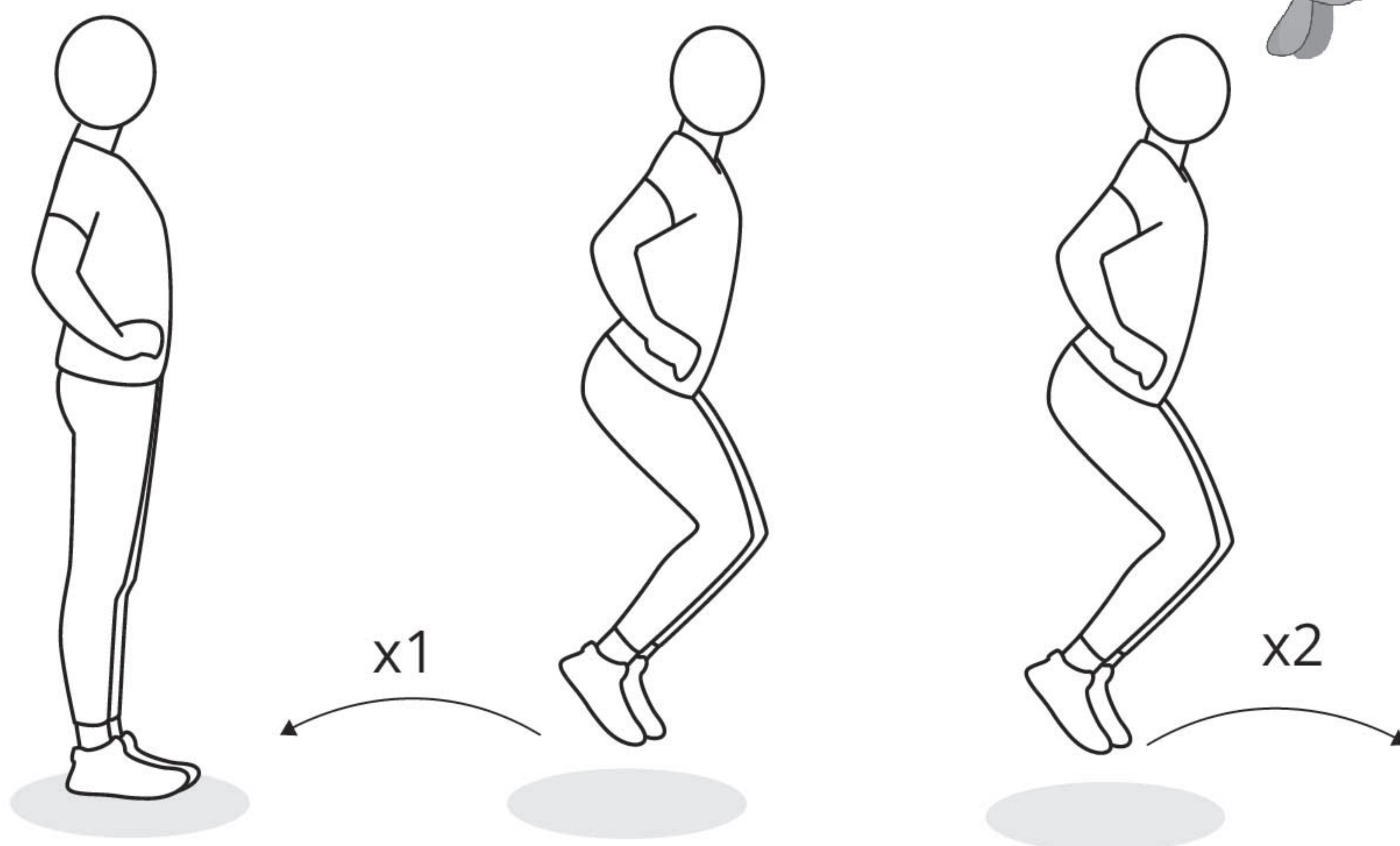
5

**Mountain crossing** – Put your hands on the floor in a push-up, and then try to run in this position to get to the top of the mountain as soon as possible.



6

**One back two forward** – stand in a standing position, with your legs together and your hands on your hips. Jump one time backward and 2 times forward.



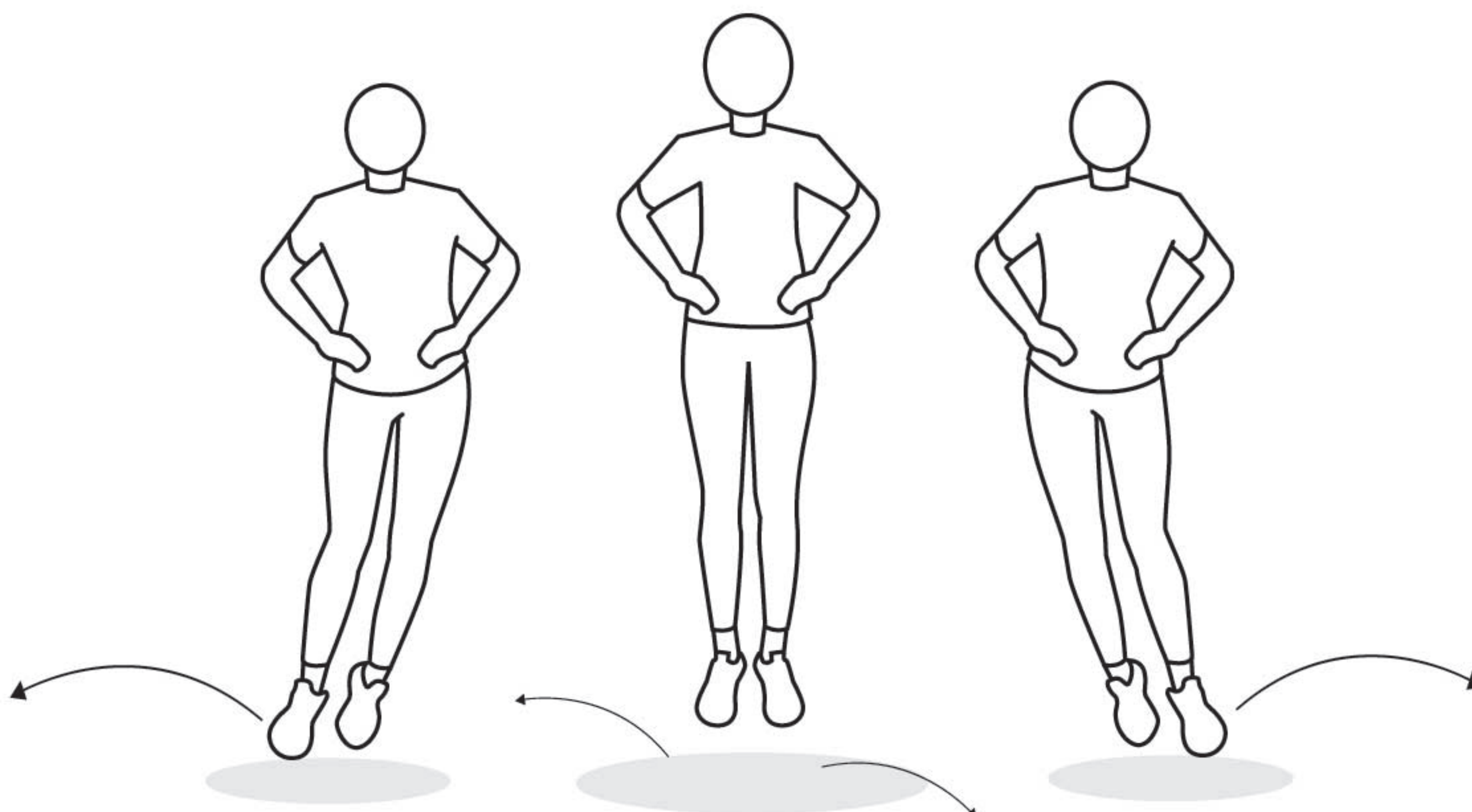
7

**Frog dance** - Make a deep squat and then high jump with your hands up to the air to touch the sky. Repeat this exercise several times so you can hop like a frog!



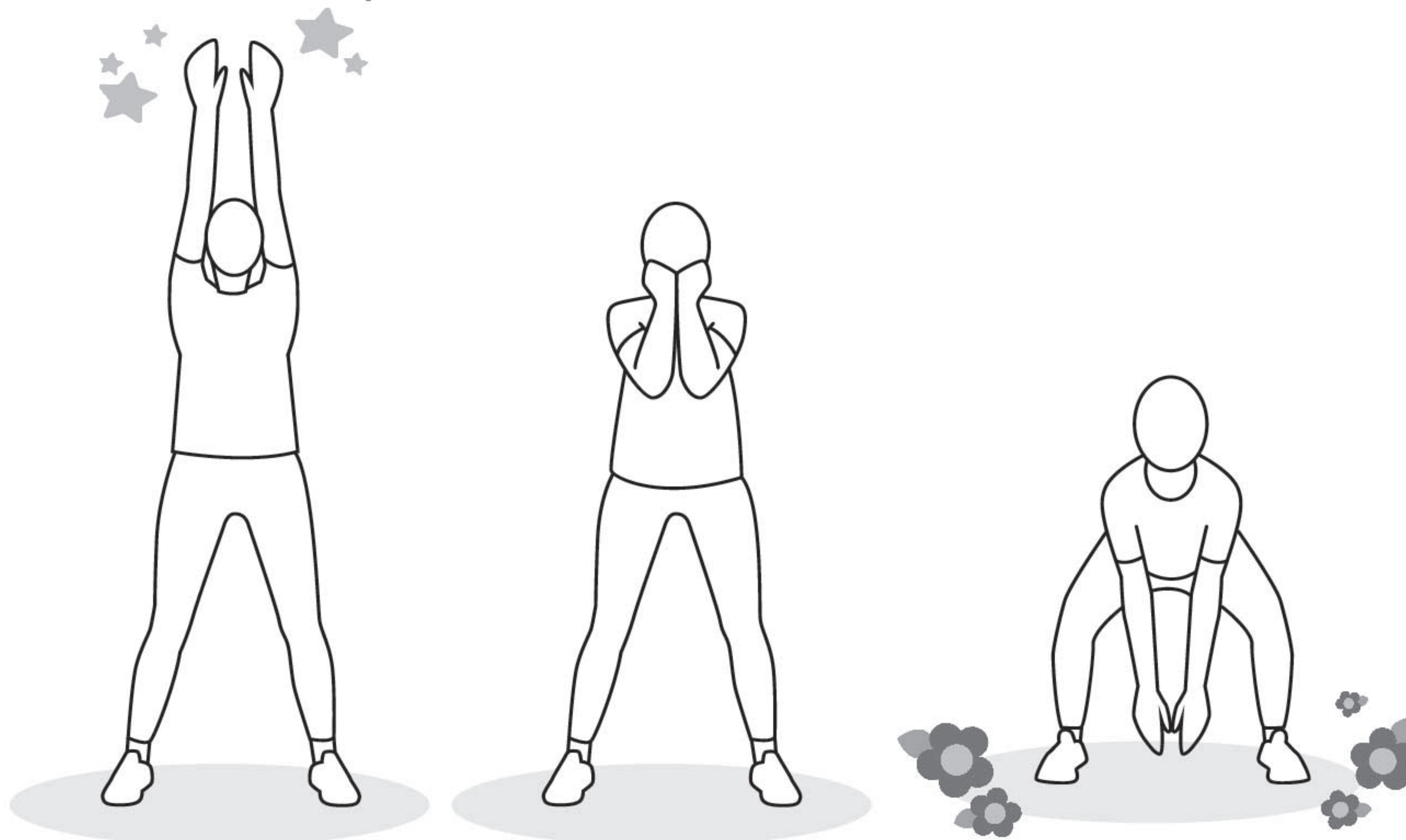
8

**Four sides of the world (north, south, east, west)** - Stand in a standing position with your arms to your body, jump forward, backward, left, right. Repeat this exercise as many times as you like!



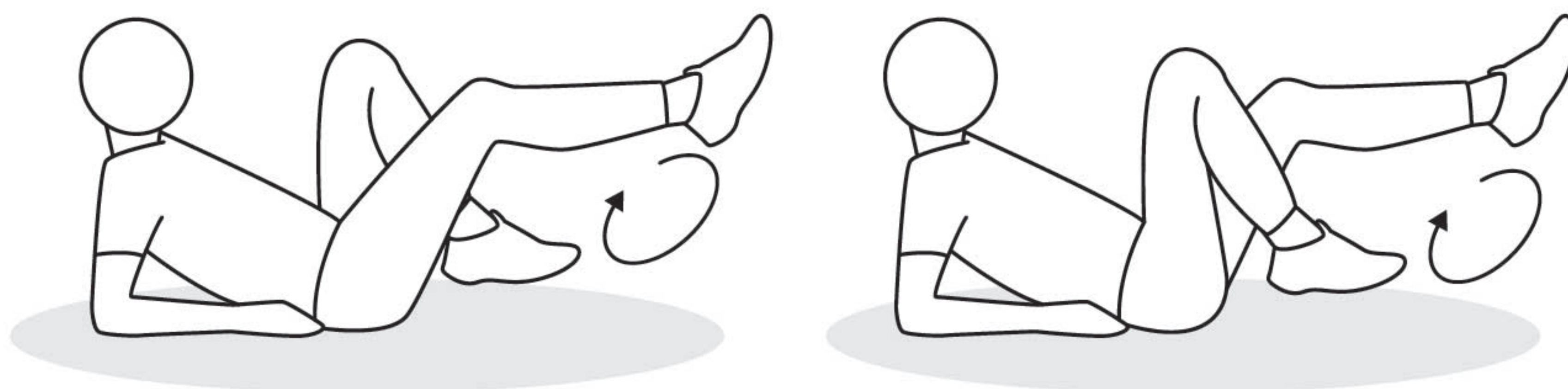
9

**Catch the stars, pick the flowers** - Stand in a standig position with your legs spread, then put your hands up to reach for the stars and then lean over to pick the flowers. You can pick as many stars and the flowers as you like!



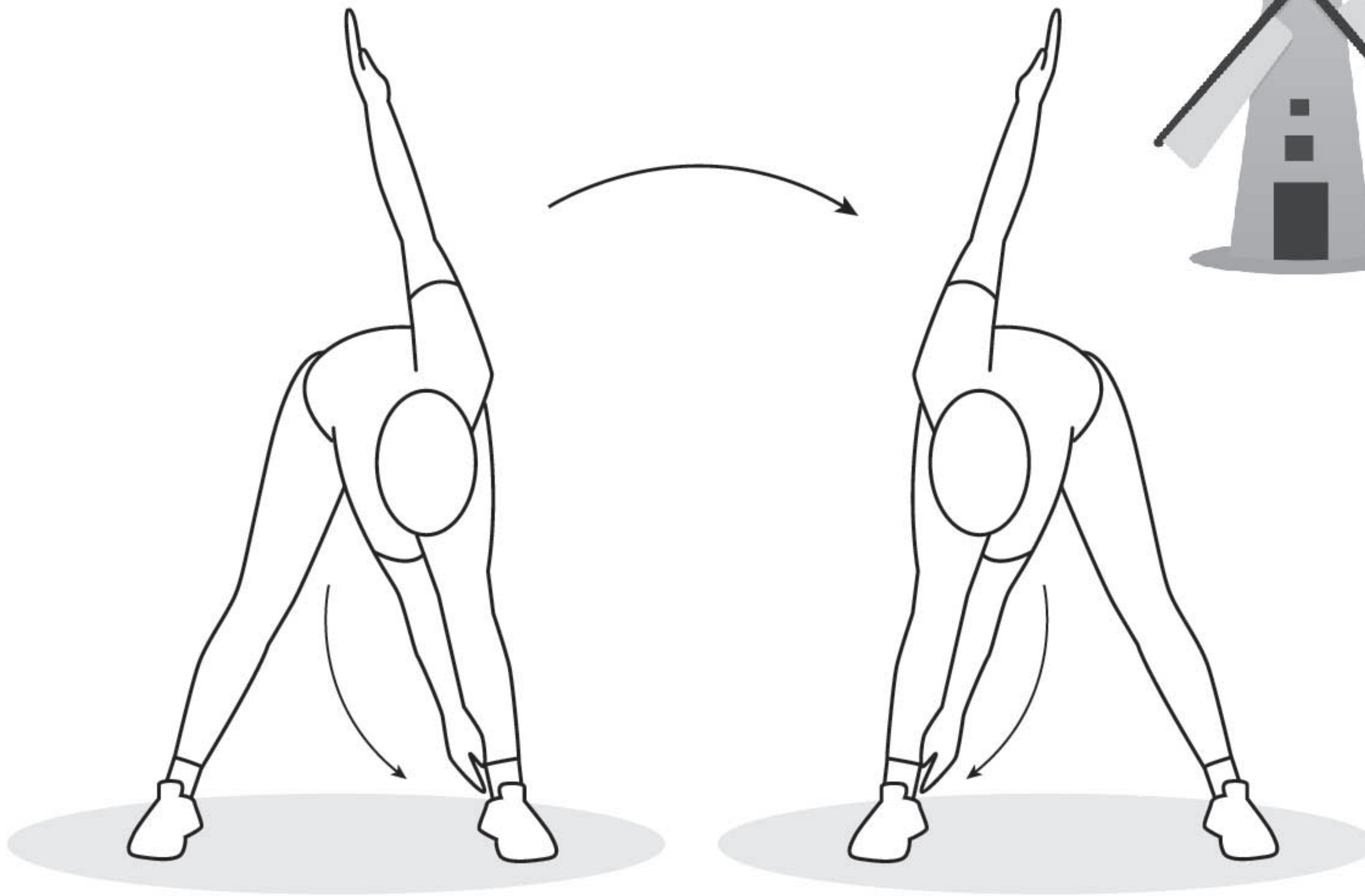
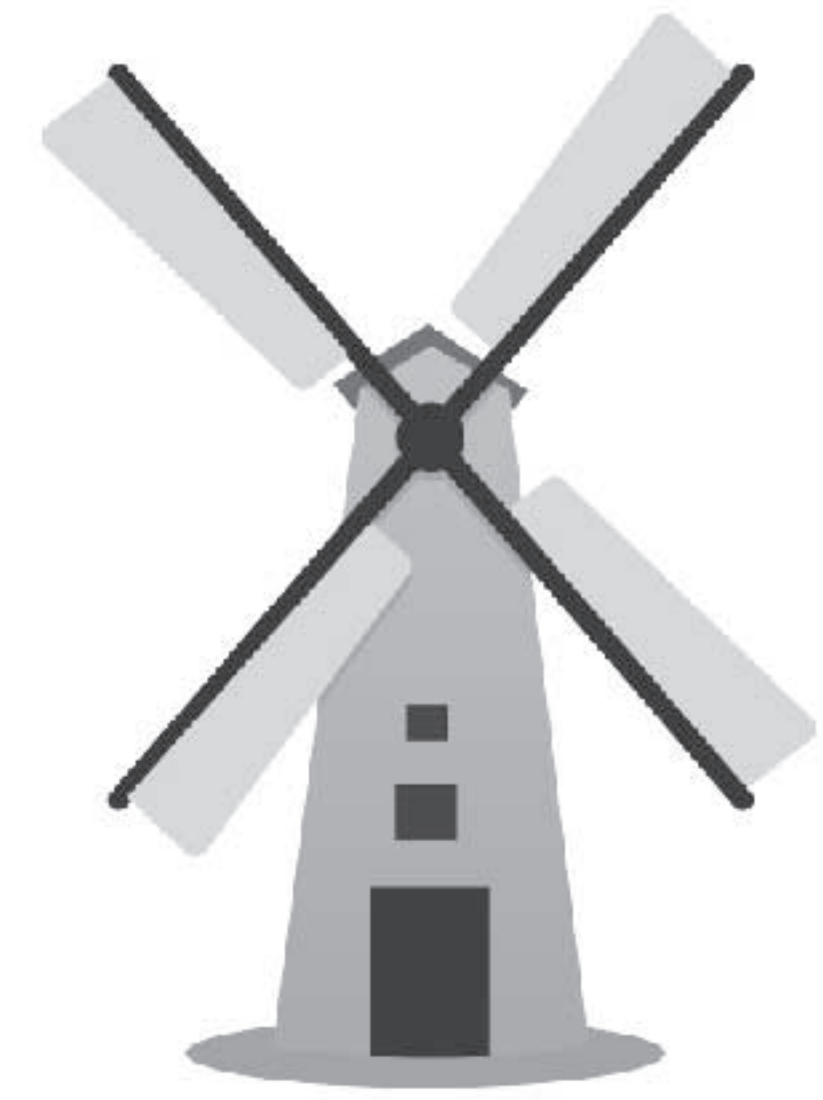
10

**Bike riding** - Lay on your back and put your legs in the air. Move your legs like you are riding a bicycle. You can cycle as much as you like!



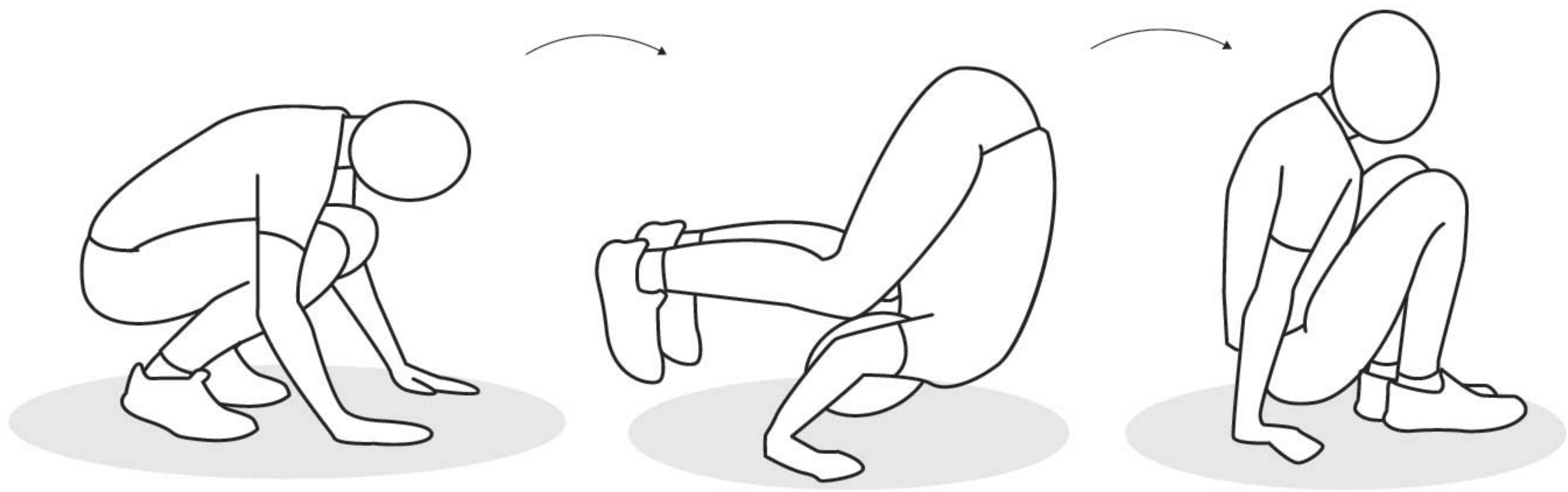
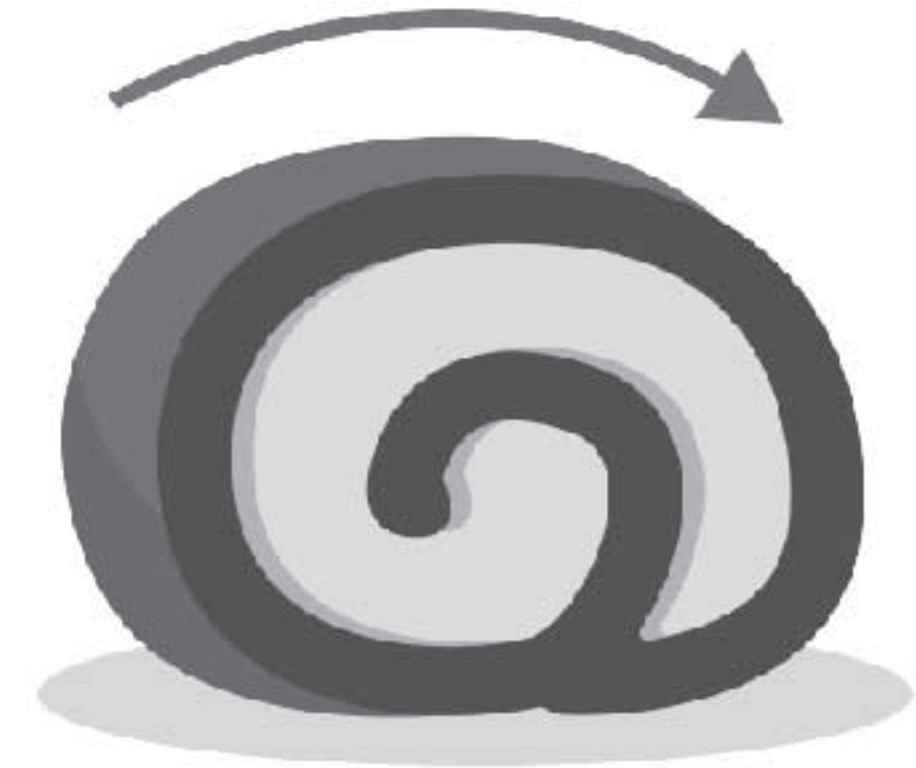
11

**Windmill** - Stand in a standing position with legs spread and arms raised in the air. Touch your right foot with your left hand, then do the opposite. You can repeat this exercise several times.



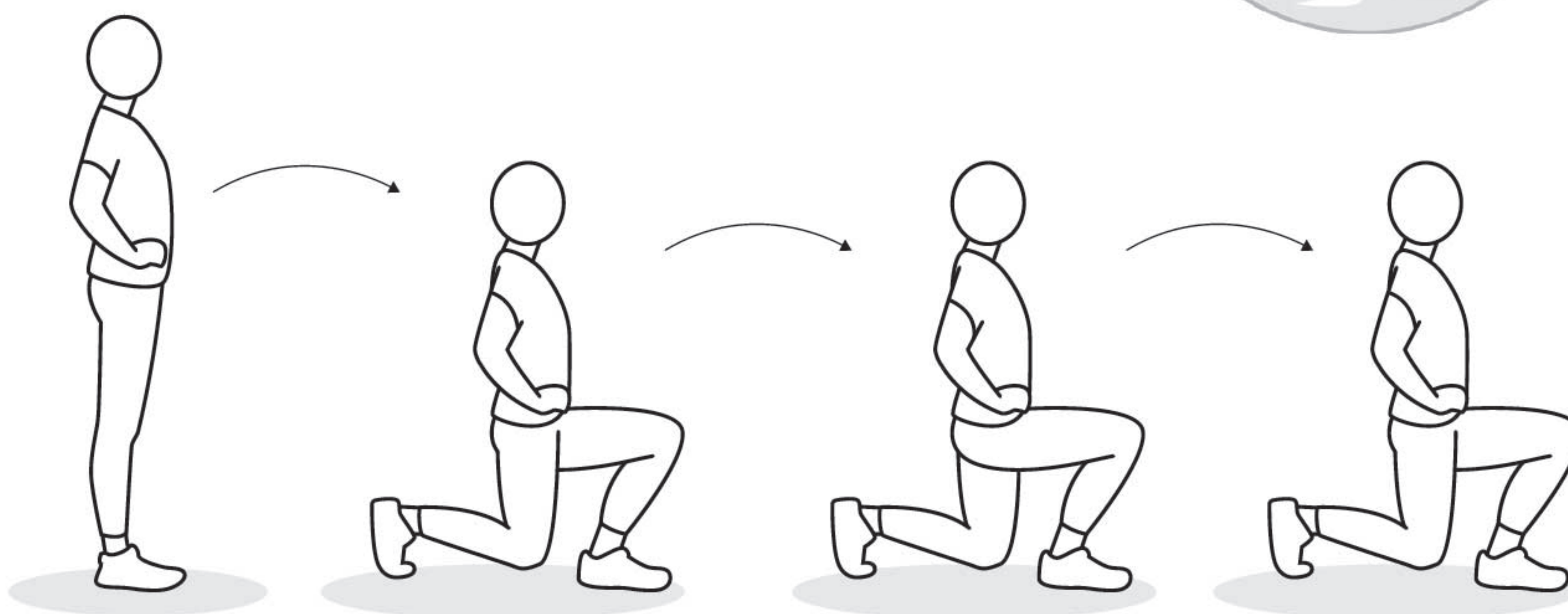
12

**Forward rolls** - do a forward roll and have fun!



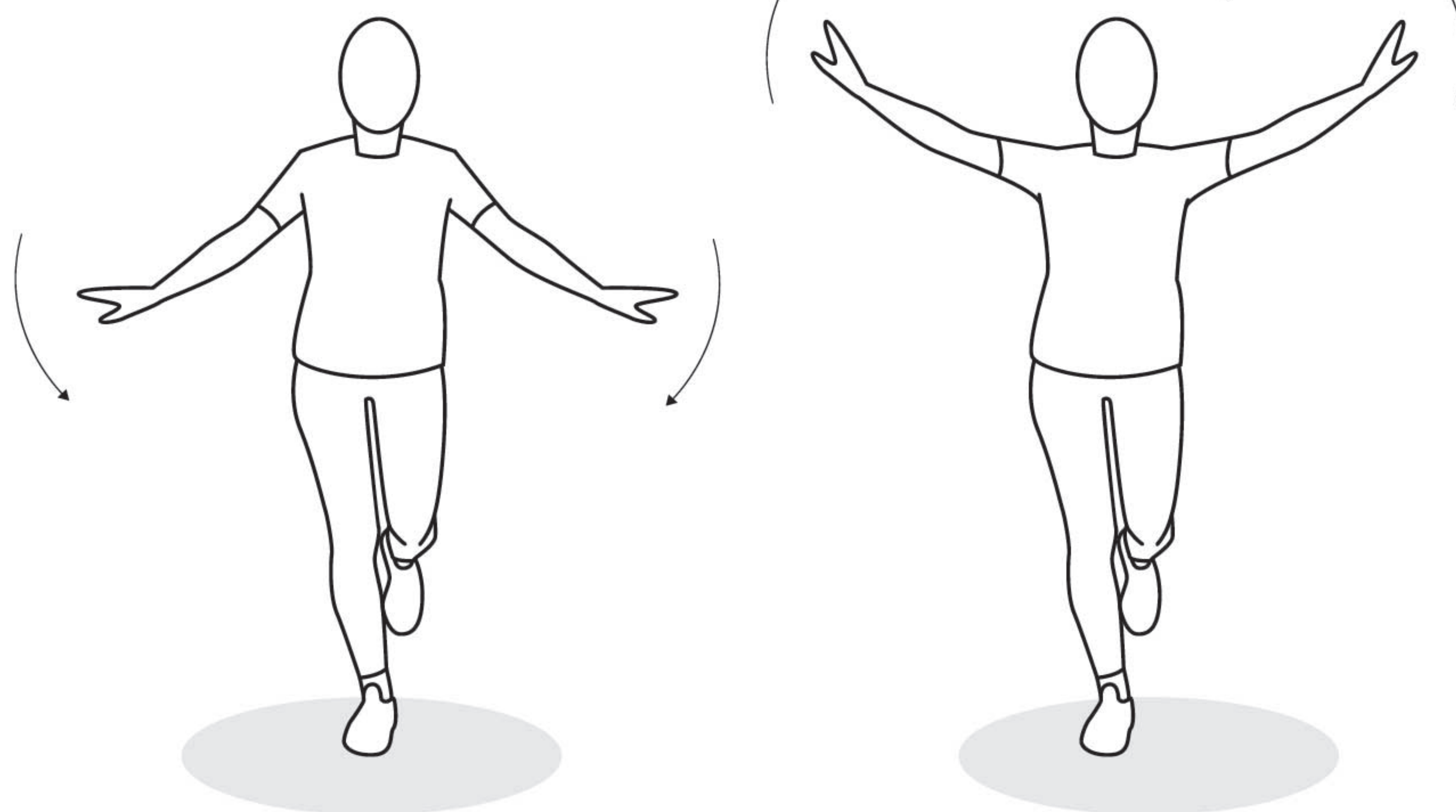
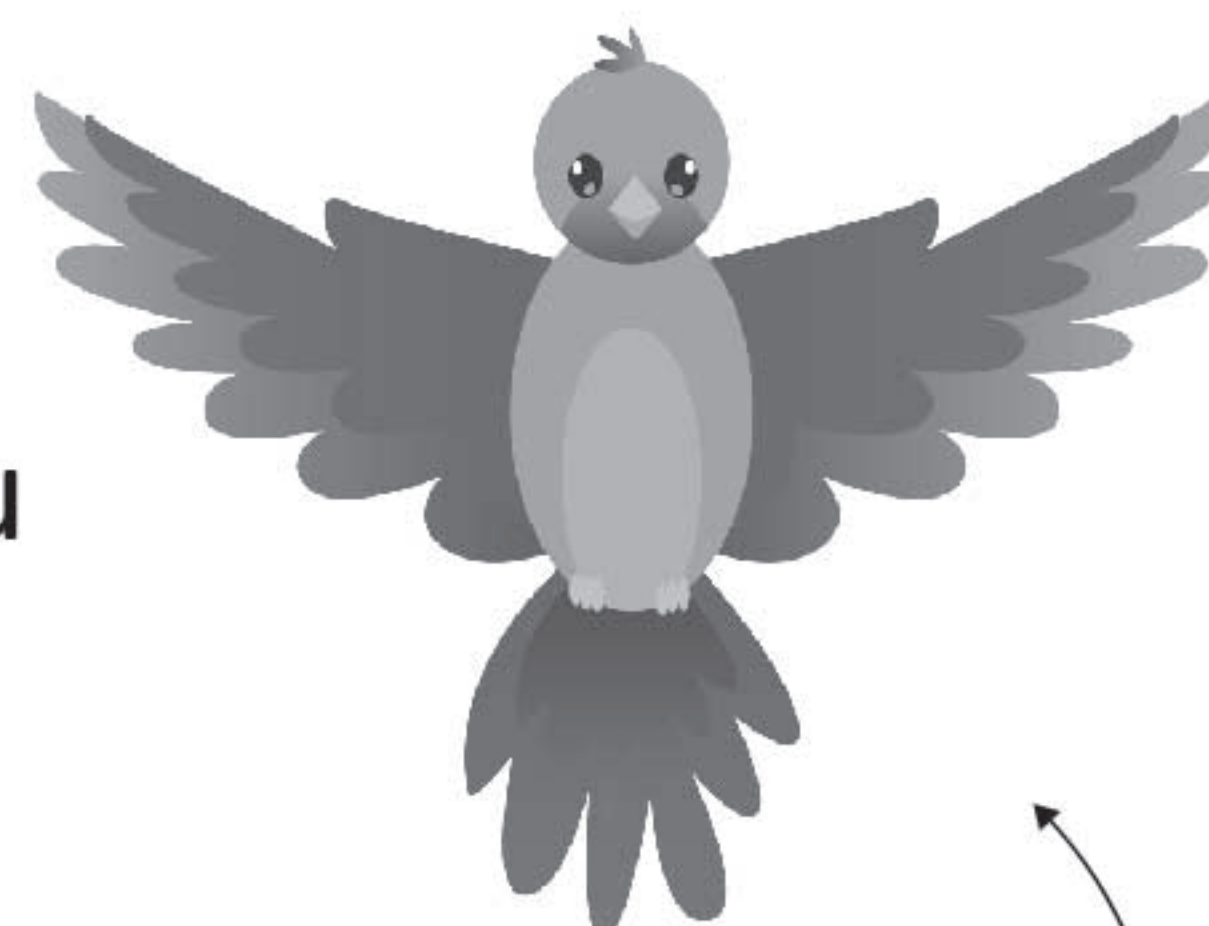
13

**Deep snow steps** – Stand in a standig positon, step forward with one knee bent. Repeat this movement, but now step fowrad with your other leg!



14

**Flying bird** - Stand on one leg and move your arms up and down, like a bird that flaps its wings. This exercise will help you improve your balance!



Pertini  
TOYS

SMART  
SPORT