



500 Minutes for Parkinson's Lesson 13 : Fitness Blast #2 Tic Tac Toe – with a twist!!

Parkinson's Points:

There is increasing evidence that aerobic and learning-based exercises could be neuroprotective in aging individuals and those with neurodegenerative disease. Although research on this subject is ongoing, it does appear that beyond aerobic activities performed with healthy movement patterns, exercises challenging the individual to change tempo, activity, or direction (what is referred to as “random practice” exercise) benefits people with Parkinson's disease. It is also important to keep variety in exercise activities, because individuals with Parkinson's disease often have difficulty in shifting from one activity to another or in performing two activities at the same time. Finally, exercises that promote attention and learning are beneficial.

In other words:

1. Exercises that involve lots of movement and thinking can help keep the brain as healthy as possible for people who are aging and those who have diseases like Parkinson's.
2. Doing different types of exercises is important for people with Parkinson's.
3. Activities that require focus and thinking are helpful for people with Parkinson's.

Lesson Objectives:

- Provide students with a fun activity that exemplifies both an aerobic and a learning-based component. Have students reflect on the activity and discuss how this activity accomplishes both of these goals.

Materials/Equipment:

9 Hula hoops for each group of 2 teams (arranged to form a 3x3 grid)
3 markers (beanbags or pinnies) per team, each team in a different colour

References/Resources:

<https://www.youtube.com/watch?v=IRDp5HcZyVA>

Invented by Patrekur Johannesson, Coach of the Austrian Handball National team.

Activity Description:

Instead of only two players, this version of Tic Tac Toe is played with two teams (ideally composed of three players each). The X and O are replaced by colored markers —3 markers of one color per team. The two teams compete simultaneously via a relay race, with each student placing one marker at a time in the hula hoops that are arranged on the floor to represent the Tic Tac Toe grids. Only one student per team can have a marker in their hand. When the marker has been placed in the grid, the student runs back to the start line and tags the next student in line, who then picks up their marker and runs to place it in the grid. The winning team must place three markers in a row, either up, down or diagonally. If all six markers are placed down but no team has won, the players continue by moving one marker at a time to a different spot until a team has won.

Have students discuss how this game could be made more physically challenging (change method of locomotion – walk, hop on one foot, hop on two feet, crab walk, etc). Can you make it more challenging mentally? (Next student in line cannot watch where the marker is placed, have waiting students facing the opposite direction, etc)

Ontario Ministry Curriculum Links:
Health and Physical Education