

Young gamers get moving

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A class of Grade 4 students took time out of their day to become human joysticks through active video games Thursday at the Foundations for the Future Charter Academy south campus.

The school is involved in a five-year study looking at exergaming and will integrate it into the physical education program.

"It's very fun because you can be active and play games at the same time," said Kennedy Kreitz, 9, who participated in the demonstration.

Dwayne Sheehan is heading the research for his PhD studies at the University of Calgary. He's trying to determine whether exergaming can help children acquire fundamental movement skills like agility, co-ordination and lateral movement.

"If we can help them develop those skills then they might have confidence and success in physical activity and develop a positive lifetime commitment to being active on a daily basis," said Sheehan.

Sheehan said that exergaming is not a replacement for phys-ed, but should be considered as an alternative to stationary gaming.

Foundations principal Cathy McCauley said that exergaming meets the criteria curriculum's goal to infuse technology in all subject areas.

McCauley hopes the information can be transferred into subject areas like math. "It gives kids a great opportunity to learn," said McCauley. "They're hooked. You'll never see a higher level of engagement as in this venture."



amy gregson / for metro calgary

Tyler Cox, 10, tests out some of the exergaming equipment Thursday at the south campus of Foundations for the Future Charter Academy.