



Parent's Guide

Motivate Your Kids To Get Creative and Get Moving!



The trampoline, the television, Braille, water skis, the helicopter... throughout history, some of the best inventions have come from kids!

To help inspire and empower your child, By Kids For Kids is excited to team up with Sports Authority to bring you the Move It Challenge! In it, kids develop a sports invention in one of three categories: backyard games and sports, training equipment, and fitness tracking tools.



Encourage your kids to enter the Move It Challenge!

Prizes: One (1) Grand Prize: \$10,000, Four (4) finalists prizes: \$1,000 each, and Fifteen (15) Semi-finalists prizes: \$500 Sports Authority Gift cards each, Five (5) Teacher prizes: \$500 Sports Authority Gift cards each.

Entry period: October 1, 2010 at 9:00am ET through January 3, 2011 at 5:00pm ET

Eligibility: Kids who are residents of the U.S. and are 18 years of age or younger at the time of entry.

Visit [www.moveitchallenge.com](http://www.moveitchallenge.com) for the official rules and more information.



# HOW TO USE THIS KIT:

## Objectives

- Inspire kids to create a sports-related invention
- Incite confidence among kids in their imaginations and ability to create
- Support problem solving, critical thinking, and inventive thinking skills

## Components

- This 3-page parent's guide, with a reproducible invention planning page
- Four kid activity masters

### Activity One: Backyard Games Rule

This reproducible activity focuses on the backyard games and sports category, and leads kids to think about various games they've played and would want to play. Kids are also introduced to the SCAMPER technique to help further the inventive process. You may want to try a family SCAMPER exercise as an example, such as coming up with an idea for a new card game or a twist on Go Fish.

Extension: Have your kid work in groups with their friends to research team sports and backyard games that are popular in different countries. In Thailand, the most popular sport is kite flying!

### Activity Two: Your Game, Only Better

Focusing on the sports training equipment category, this page helps kids think of different types of training equipment and what they'd like to see available.

Answers: 1. c, 2. e, 3. d, 4. a, 5. b

Extension: Challenge your child to write a story from the point of view of a soccer net or other piece of equipment. You could brainstorm equipment as a group, and then have them pick out of a box to see which point of view they will be writing from.

### Activity Three: Track It!

This activity focuses on how tracking and measuring tools (such as heart rate monitors and pedometers) are used to help sustain and improve fitness.

Answers: field, heart, dutch, jumping, calculate, seven, game, steps;

Decoded Message: Get Up, Get Moving, Have Fun!

Extension: Have kids gather information on calories of foods they typically eat including breakfast, lunch, dinner, and snacks. Next, kids should research the number of calories burned during exercises such as running, walking, and dancing. Working in groups, have them create mathematical word problems about calories in and out in a typical day. They should then swap problems for another group to solve.

### Activity Four: Move It!

This culminating activity serves as a brainstorming page for the challenge. Kids are asked to write down thoughts and inventions in each of the three categories. They then review their ideas and note which they think would be the most unique and liked by others.

Extension: An inventor is a scientist. Encourage kids to start an invention journal based on the principles of scientific inquiry: asking and answering questions, conducting simple investigations, gathering data, observing and interpreting the world around them. These basic principles will get kids started in their inventive thinking.

Some rules to keep in mind for authentic journal keeping are: use a bound notebook, use ink and never erase anything— just put a line through it, make sketches and drawings so ideas are seen, sign and date each entry, and have a witness sign and date each entry.

### Plan It Out! (Page 3 of this Guide)

This is a reproducible planning page for the challenge that helps guide kids once they've chosen their invention. You can work on this with your kid. Once they've finalized the details of their invention, suggest they wait a few days and then read their notes again see if they'd like to make any adjustments.

Extension: Ask kids to make a sketch or drawing of their invention. If their invention is a new game or sport, the drawing can be an overview of how the game is played (i.e., where various players will be positioned). Ask them to put as much detail into their sketches as possible. They should also sign and date their drawings and have a witness do the same.

You can also visit [www.moveitchallenge.com](http://www.moveitchallenge.com) for additional information and for kids to enter online.



# PLAN IT OUT!

Name \_\_\_\_\_ Date \_\_\_\_\_

Are you ready to enter the Move It Challenge? Use this planning page to fine tune your ideas for your invention.

What type of invention will you enter in the challenge? (circle one)

Backyard Games & Sports      Training Equipment      Fitness Tracking Tool

Describe your invention. How does it work? What does it do?

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Where did you get the idea for your invention?

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Write down possible names for your invention:

*(Some inventions are named for what they do, for their parts or what they're made of, for the person who invented them, with initials, or with a catchy phrase.)*

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Who do you think will play with or use your invention?

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Where will they play with or use it?

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What is the best part of your invention? What makes it special?

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To help prove that you thought of the ideas for your invention, have a witness (anyone who can sign his or her name) sign their name below and mark the date.

Witnessed by \_\_\_\_\_ Date \_\_\_\_\_

**Enter the Move It Challenge! Visit [www.moveitchallenge.com](http://www.moveitchallenge.com) with a parent or teacher.**