

SMARTfit™ High Intensity Cognitive Training

Getting Started User Manual Rev 3.3

SMARTfit™ PLAY PODS



SMARTfit™
High Intensity Cognitive Training™

2015

Unlike other fitness equipment which may require additional insurance, SMARTfit™ Play Pods have been approved by the Fitness Insurance Industry for use under general liability insurance. Please check with your insurer to confirm insurance laws in your state.

PARTICIPANTS SHOULD CONSULT A DOCTOR BEFORE STARTING ANY EXERCISE PROGRAM.
The content of this workout program is made available with the understanding that Multisensory Fitness, Inc. disclaims all responsibility for any injury incurred as a consequence of participating in this program without first consulting a physician or otherwise qualified health care professional.

Thank You. Enjoy your new SMARTfit™system!

Multisensory Fitness, Inc.
www.multisensoryfitness.com

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Chapter 1

Welcome to SMARTfit™ High Intensity Cognitive Training

SMARTfit™ Conditioning for the Mind and Body: How it works

SMARTfit™ high intensity cognitive training is a functional training designed for the option of either supervised and unsupervised environments. The cognitive training is the key element that differentiates SMARTfit™ programs which are specifically designed to stimulate the body and the brain concurrently. This is accomplished by:

- Attracting participation and engaging sustained focus with short attention-grabbing computer games, played sequentially in the pursuit of score and mastery of skills
- Providing full body exercise by stimulating the hands, feet, eyes, ears and vestibular system in playing real games with real tactile equipment (not simulated)
- Featuring high levels of auditory and visual cues to engage creative mental problem solving while the players are moving
- Requiring high levels of attention and focus for success (staying consciously “in-the-now”)
- Engaging in cognitive decision-making under pressure
- Delivering a cardiovascular workout in a game format

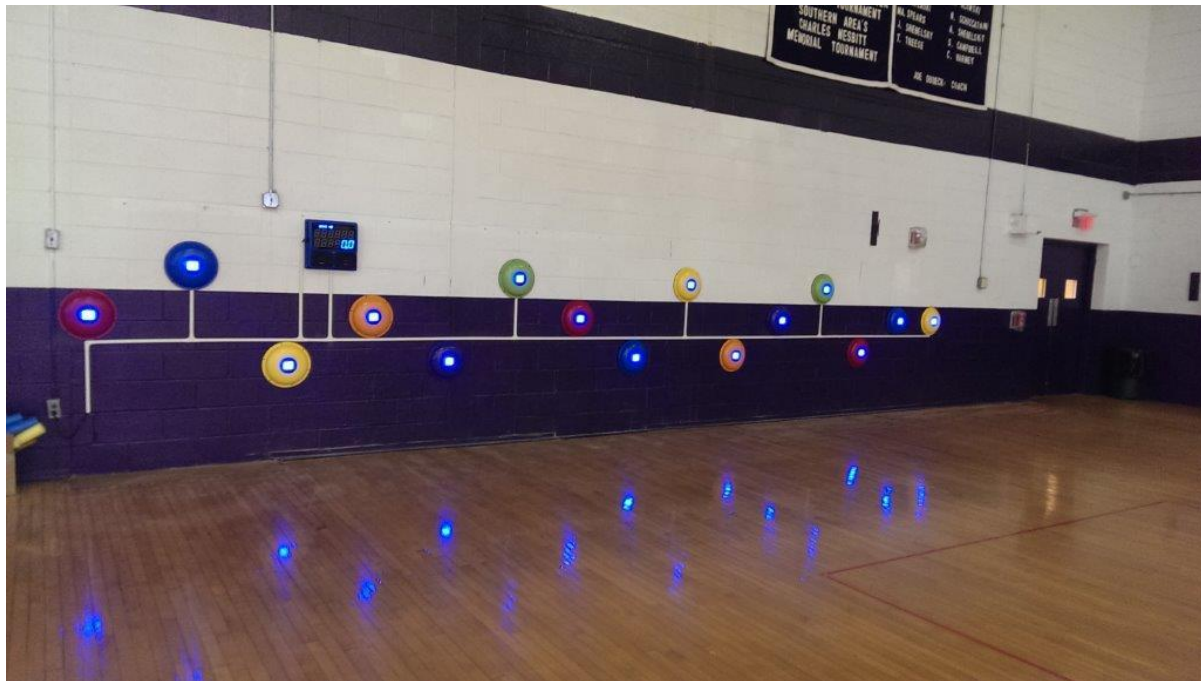
SMARTfit™ programming improves functional abilities (flexibility, balance, and endurance) while concurrently developing high levels of neuromuscular efficiency. This process of engaging the hands, feet, ears, and eyes develops visual-perceptual motor skills. The added element of integration of the right and left brain hemispheres has been well documented to enhance brain plasticity as well as whole brain thinking, cognition, attention and focus for learning. Doing this concurrently with exercise produces BDNF, a hormone (now called miracle grow for the brain) known to improve attention and focus as well as brain plasticity.

Kinesthetic Learning

SMARTfit™ engages the whole body in real-play game placing physical demand on the brain and peripheral nervous system to perform and complete tasks. The body’s vestibular system controls balance and spatial awareness which facilitates a student’s ability to place words and letters on a page. Tracking specific patterns, letters and numbers while engaging the whole

body (using a noodle, ball, or hands in some of the games) promotes the brain's ability to encode symbols.

Multisensory training protocols can better approximate natural settings and are more effective at developing sensory and motor neuro-pathways providing an ideal framework that the brain uses for academic concepts. Scientific evidence strongly supports that the integration of learning and movement or exercise to stimulate production of neurotrophic factors. This helps repair brain cells, prevent cognitive decline, improve learning, and promotes sensory-motor activity performance.



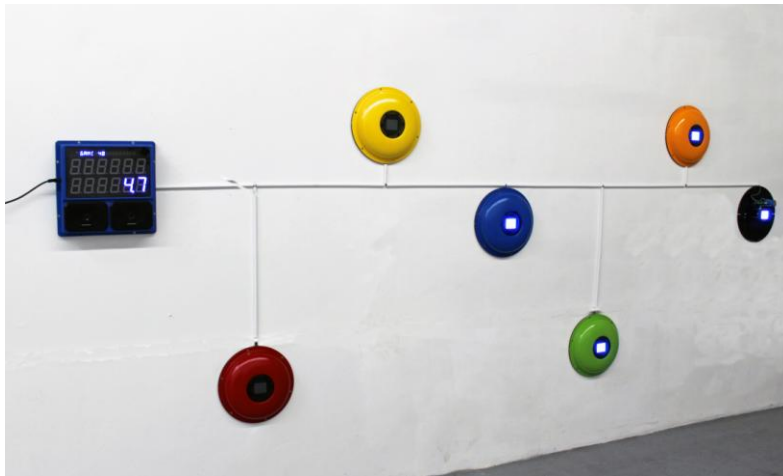
Chapter 2

System Settings on Your SMARTfit™ Play Pod System

System Options

Wired

These systems are hard wired onto walls and run off 110 electrical outlets.



Wireless

Wireless systems require a 110 electrical outlet for the CPU and the rechargeable wireless pods can communicate with the CPU within a range of 100 feet. A single CPU can run up to 24 wireless pods. Pods can operate for up to 2 hours of continuous play and are recharged in less than one minute via a connector that plugs into the CPU.



Combination of Wired and Wireless

The CPU and some of the pods are permanently installed on the wall and some pods communicate wirelessly. Pods can be paced on the floor, or mounted to walls or to our pod stands using the Velcro supplied.



System Settings and Operation

The system CPU



The system CPU contains the main electronic boards, the sound system and speakers, the time clock, the scoreboard, the touch key interface for making game and systems selections, the power supply and the recharging unit for the wireless play pods.

Power On/Off

The on/off switch is located on the right side of the CPU near the power connect cord. When powering on, the system will take 3 seconds to check that all components are working properly. Please DO NOT TOUCH it during this check or your system will display an error message. If this occurs, simply turn the system off, wait for 3 seconds, then restart.

The system 16 digit alpha numeric Interface

The system Interface provides a line of letters for communicating with the system and making choices. A short press leads to game selections and a long press takes you to system selections. These options are addressed later in this chapter.

Sound and Volume Options

There are 4 ways to use the sound in the system. Volume control is available for each type of sound and users have the option to deactivate any of the sound options:

1. Pre-programmed songs. There are 13 pre-programmed songs that can set the atmosphere for the age of the players. These range from nursery rhymes to sports training to golden oldies.
 - These songs can be selected as the attract mode which kicks in when the system is dormant for 5 minutes (optional), or
 - As background music which plays while the games are playing.
2. Game tones. There are three sets of game tones that can be used to indicate the right/wrong hits and game fanfares.
3. Voice instructions: Voice instructions are optional and are available in English, French, Spanish and German. Systems are shipped with English unless specially requested when ordering your system.

The system Recharging system

A special power connector is also supplied for connecting the CPU to the wireless play pods when they need recharging. Each pod should take less than a minute to charge and should provide up to 2 hours of play. User the system interface to find the setting

Sensitivity

There are 5 levels of touch sensitivity on the pods that range from a light touch of a child to a heavier touch of an athlete or medicine ball.

Wireless Remote Control

The remote control is your tool to select game, level, time, volume, and system settings. By pressing the indicated button you can sequentially scroll through the available choices. SMARTfit™ Play Pods can be programmed for a variety of functions. The option descriptions are as follows:



Chapter 3

CPU Setup and Controller Instructions

Setup the CPU

1. Remove CPU and power cord from the Play Pod Case and set aside.
2. Close and lock Play Pod Case.
3. Stand case vertical and upright.
4. Unlock and pull handle all the way out.
5. Slide the Velcro backing of CPU through the case handle.
6. Make sure Velcro is tight and CPU is secure
7. Plug power cord into CPU and then to an electrical outlet.
8. Plug in one side of your power cable into the right side of the CPU and the other side into the 110V outlet.

Charging Your Play Pods

1. Unlock and open Play Pod case.
2. Take CPU out and place on the inside of the open case lid.
3. Plug power cord into CPU and then to an electrical outlet.
4. Pull Play Pod charging cord out and plug in to the left side of the CPU.
5. Plug other end of charging cord into the back of a Play Pod.
6. The play pod may take up to 1.5 minutes (per pod) to completely charge.
7. Continue charging all pods prior to setting the system.
8. Once all Pods are charged, unplug charging cord from Play Pods and CPU.

System Start Up and Initialization

There are a few things to keep in mind when starting up your Play Pod system for the first time and each time it is upgraded.

When the CPU is turned on, it will go through an initialization process. Here it will identify all of the active (turned on and addressed) pods. In the event that the Play Pod CPU finds no first target, it will ask the user if they would like to identify the targets with the prompt, "ID TARGETS NO?" To ID the targets, make sure all targets are on (targets that are on will have a blue light that blinks every five seconds in the lower right of the display) and press the "up" key so that "ID TARGETS YES?" is displayed.

Press the menu button to continue. The targets should all now display a "?" symbol. If a target does not, make sure it is on and charged if it is a wireless pod or connected to power if it is a wired target. When all targets display the "?" symbol, tap them in sequence, starting with the



targets closest to the CPU and work your way out tapping each target until you reach the furthest one. They should respond to the tap by reading out sequential letters of the alphabet. When all targets are displaying a letter, press the menu button again to commit these addresses to memory. Your system is now ready for play!



If you have any difficulties, here are some reasons that a Play Pod may not detect a target on startup.

The Play Pod is not detected:

1. **The Play Pod was not turned on.** If a pod is on, a blue light will blink every 5 seconds in the lower right hand corner. If there is no blinking blue to indicate the pod is active, try pressing the red button on the pod face.
2. **The Play Pod turned itself off.** Play Pods run on stored energy, so for maximum play time they have a few built in features to keep you playing longer between charges. A play pod will turn itself off after 5 minutes of inactivity. Even if you know you turned the pod on to begin with, try turning it on again.
3. **The Play Pod ran out of stored power.** If the Play Pod does not come on when you push the red button on the face, it might have run out of power. Hook the pod up to the charger. Let it charge for 10 -15 seconds and then press the red button on the pod face. If it turns on, fully charge the pod before play.
4. **The Play Pod was out of range.** Like any wireless devices, the play pods have a limited range. There is also a chance that the path the signal needs to take to reach a pod is blocked. Make sure the pod has a clear line of site to the Play Pod CPU and is within 100 feet of it.
5. If none of these options work, contact technical support.

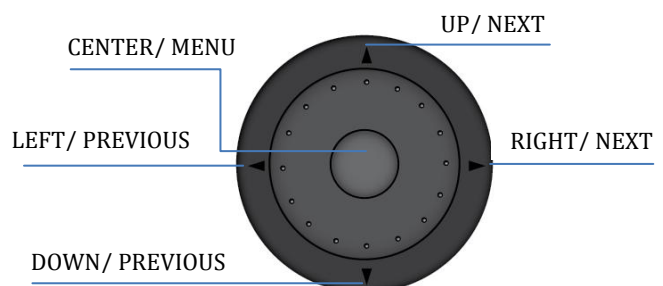
The Play Pod is not addressed:

1. **The Play Pod arrived with no pre-programmed addresses.** The Play Pod system is extremely versatile. As such, it is our goal to give our users as much control as possible to make their systems work for their specific task. In some cases, a system may arrive without addresses. This is normal, and gives you the user full control over how your system is set up.
2. **The system encountered a problem in a readdressing attempt.** In rare cases, something can go wrong during the addressing process. Don't worry, simply re-address. One can re-address for any reason simply by selecting the address function in the system menu (see menu options section for more details).

System Menu Structure

To get started press:

1. **CENTER** button– access and cycle through menus.
2. **UP** or **DOWN** button – cycle through parameters.
3. **LEFT** or **RIGHT** button - cycle through sub-menus
4. Wait 2 seconds after modifying a setting for your change to take effect.



Game Menus (Short Press of Menu Button):

To enter game menus, simply tap the menu button. Continuing to tap the menu button will scroll through menus sequentially as listed below.

Game Select: Tapping the menu button once will take you to the game select menu. Here, the up and down keys can be used to switch between games and the left and right arrows can be used to select between game groups. Tapping the menu button again accesses the time menu.

Time: Here the up and down keys can be used to select game duration. Tapping the menu button in the time menu accesses the volume menu.

Volume: There are three volumes that can be adjusted, Game Volume (volume for game sounds, hits, misses, etc.), Voice Volume (volume of spoken instructions), and Music Volume (volume of in game and attract mode music). To switch between these volume sub menus, use the left and right buttons. To change the volume in any of these sub menus, use the up and down keys. Tapping the menu button in the Volume menu accesses the game level menu.

Level: Game level affects difficulty settings, such as how long the player has to hit targets in games where individual target hits are timed, or the duration of time characters are displayed in memory games before becoming “hidden” again. Level can be adjusted from 1 to 5 using the up and down keys, with level 1 being the easiest and level 5 being the most challenging. Tapping menu here will take you back to the Game Select menu.

System Menus (Long Press of Menu Button):

To enter system menus, hold the menu button for about 2 seconds or until the menu text changes.

Game Music: Select the music that will play in the background during game play using the up and down keys, the selected song will be played when selected to help the user decide if the selected song is the desired song. Tapping the menu button here will access the Attract Music menu.

Attract Music: Select the music played while attract mode is active using the up and down keys, the selected song will be played when selected to help the user decide if the selected song is the desired song. Tapping the menu button here will access the Sensitivity menu.

Sensitivity: Change how sensitive the pods are to being hit. The more sensitive, the softer one can hit the target and still register a hit. Select sensitivity using the up and down keys. Tapping the menu button here will access the Auto Restart On/Off menu.

Auto Restart On/Off: Change how games behave once they have concluded. With auto restart on, the game will display scores and restart itself, ready for another game to start immediately. With Auto Restart off, the system will remain idle and only start a new game when the menu button is pressed. Turn Auto Restart on or off using the up and down keys. Tapping the menu button here will access the Voice On/Off menu.

Voice On/Off: Choose whether or not to have voice instructions enabled. Turn Voice Instruction on or off using the up and down keys. Tapping the menu button here will access the Game Tones menu.

Game Tones: Select which tones will be played to register hits and misses. Select from tones by pressing the up/down key, when a tone is selected, it will give a sample hit to help the user decide if it is the right tone. Tapping the menu button here will access the Address Prompt menu.

Address Prompt: Here, the user can select between three options using the up and down keys. Tapping the menu button here will access the Game Music menu.

- 1) NO ADDR PROMPT: This option does not display the address prompt when the PlayPod CPU is started up.
- 2) ADDR PROMPT ON: This option displays the address prompt every time the PlayPod CPU is rebooted.
- 3) ADDR NOW: If this option is selected and the user waits 3 seconds, the ID TARGETS NO? prompt comes up. Pressing the up key will display ID TARGETS YES? Pressing the menu button here will result in the target ID process becoming active. For more information on this, see the “System Startup and Initialization” section.

Chapter 4

Recommended Equipment for SMARTfit™ Play Pod System

Equipment to Use

Your SMARTfit™ Play Pod Target System is safest when the recommended play equipment is used. Instructors are able to easily incorporate fun workouts by following the activity plans in this book for either unsupervised or supervised play.

- Beanbags for single directional play i.e., throwing/aiming
- Playground balls in different colors: 5" - 7" diameter
- Swim noodles cut in half for stretching and for striking
- A plastic container for balls and equipment kept outside the play area.

The following equipment is supplied with your system when it is purchased.

- 5" red playground balls
- 7" yellow playground balls
- Beanbag set
- Foam noodles

Chapter 5

Group Training Drills on your SMARTfit™ Play Pod System

Operating Basics for Instructors

SMARTfit™ Play Pods focus on improving functional abilities, spatial awareness, neuromuscular efficiency, focus, and concentration for kids up to 11 years. Kids can play with minimal supervision with the games set to auto-start or with supervision where kids are divided up into teams ranging from 2 to 8 per team.

One team plays at a time aiming to achieve the highest score by team members working together. The more organized the team the higher the scores they will achieve. SMARTfit™ Play Pod games are fun and promote healthy social interaction. Kids will achieve gains in fitness and coordination as a result of participating in the games while having fun. It is a training tool that engages and improves the mind as well as the body because games are designed to engage thinking in motion, strategy, decision making, and reaction skills.

With SMARTfit™ kids get an exciting, free-movement physical workout while also being conditioned mentally.



How to organize your group for fun with SMARTfit™ Play Pods

The workouts in this manual are designed for both unsupervised play and group play. For group play, it is essential to plan and organize the group quickly in order to get them into action as soon as the session starts.

UNSUPERVISED PLAY

This is designed for day care and child minding areas and will allow you to manage a large number of children with minimal staffing. The kids will be involved in physical activity while staff can then spend time with the children or infants that need closer individual care.

SUPERVISED PLAY

This can include math and spelling games, fun entertainment for birthday parties, after school programs, as well as for clinical sessions for sensory processing classes, or any session that is

supervised by an instructor. Here the instructor has the opportunity to provide a variety of learning situations for the players, both as individuals and in a team play environment. Players will accomplish tasks that will teach cooperation and team-building skills.

SMARTfit™ Play Pods can be used for up to 8 kids per team with a maximum of 3 teams depending on the play area allocated to the system. Only one team enters the play area at a time. It is preferable to match groups of similar ages in the same group. To organize your teams get the whole group to stand in a line ranging in height from shortest to tallest. Then count them off depending on the number of teams you want. If 3 teams, count them off from the front to back, 1,2,3,1,2,3,.....then all the 1's will be in team 1, 2's on team 2, and 3's on team 3.

Keep a whiteboard nearby to record the scores of each team. Use score stickers for the kids to record their highest score. Watch how team cooperation and leadership takes place naturally as the teams organize themselves to achieve the highest score possible.

Modes of Play

There are five ways to run drills on the SMARTfit™ Play Pod:

Individual: First player plays the entire game to time completion. Next player in line begins a new game with a new time.

Alternating players or teams: Two or more players team up and play the game together and alternate with one or two other teams.

Concurrent Team play: Each team is given a color pod to be responsible for. When the next pod in the game presents itself, depending on the color, a team member for that color needs to strike it.



Chapter 6

Chart Displaying Activated Games

#	RALLYWALL
1	Rallywall - All Targets
	CHASE THE TARGETS
17	Chase the Single Target - Scoring (5-blue; 4-green; 3-orange; 2-yellow; 1-red)
18	Chase the Single Target - Counting by 1's (forward and back, same scoring as above).
19	Chase the Single Target - Counting by 2's (forward and back, same scoring as above).
20	Chase the Single Target - Alphabet (A to Z and back, same scoring as above).
21	Chase the Single Target - Emoticons (one target lit at a time, same scoring as above).
22	Chase the Single Target - Dice (one target lit at a time, same scoring as above).
23	Chase the Single Target - Shapes (one target lit at a time, same scoring as above).
	KNOCK THE LIGHTS OUT
40	Lights Out - Timed (race).
41	Lights Out - Timed (sequential order).
42	Lights Out - Timed (keep 3 targets lit).
43	Lights Out - Counting by 1's (forward and back).
44	Lights Out - Counting by 2's (forward and back).
45	Seek the Letter - Alphabet (A to Z and back with all targets lit).
46	Seek the Color - Color (with all targets lit)
47	Seek out Smiley - Smiley (with all targets lit)
	PAIRING - Memory and Image sorting and selecting
60	Pairing - Color (timed game).
61	Memory - Color (race).
62	Pairing - Numbers (timed).
63	Memory - Numbers (race).
64	Memory - Numbers - Find the sequence (race)
65	Pairing - ABC (timed).
66	Memory - ABC (race).
67	Memory - Alphabet - Find the sequence (race)
68	Pairing - Shapes (timed).
69	Memory - Shapes (race).
70	Pairing - Dice (timed).
71	Memory - Dice (race).
72	Pairing - Symbols (timed).
73	Memory - Symbols (race).

Chapter 7

Game Rules

Game Category 1: Rallywall

The Rallywall games focus on accepting any hit to any target for points.

1	Rallywall - All Targets
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Game Number: 1

Name: Rallywall - All Targets

Game Rules:

- Each game starts with all target lights turned on.
- All targets display the same color.
- Objective is to hit any target as many times as possible until the clock runs out. When a target is hit all targets are activated and a positive tone is heard.
- If players are using hands, then they have the ability to knock out 2 targets at the same time.
- When time expires all targets will light up with exploding targets, flashing lights, and score will flash.
- Each good hit earns 5 points.



Game Category 17-23: Chase the Target

These games provide a specific target or set of targets that light up to reflect the target area that will earn points. All other targets are turned off and are non-active. Points are earned according to how long it takes to put them out. Targets point worth for blue earn 5 points; green earns 4 points; yellow earns 3 points; orange earns 2 points; and red earns 1 point.

17	Chase the Single Target - Scoring (5-blue; 4-green; 3-orange; 2-yellow; 1-red).
18	Chase the Single Target - Counting by 1's (forward and back, same scoring as above).
19	Chase the Single Target - Counting by 2's (forward and back, same scoring as above).
20	Chase the Single Target - Alphabet (A to Z and back, same scoring as above).
21	Chase the Single Target - Emoticons (one target lit at a time, same scoring as above).
22	Chase the Single Target - Dice (one target lit at a time, same scoring as above).
23	Chase the Single Target - Shapes (one target lit at a time, same scoring as above).

Game Number 17

Name: Chase the Single Target

Game Rules:

- Chase one target at a time; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color. Level 1 is the fastest and Level 5 is the slowest.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number 18

Name: Chase the Single Target - Counting by 1's (forward and back)

Game Rules:

- Chase one target at a time counting in sequential numbers; all other targets are off. System turns on any 1 target at a time such that the player is to count from "0" to "19."
- Count starts at "0" and increases by one with each successful strike.
- When "19" is reached, start counting back to "1".
- The target starts out blue and changes colors with the duration of time taken to put it out.
- The target starts out blue and in the times listed below, changes to green to yellow to orange and then to red.
- Score earned for each hit reduces with each color change
- Target remains red until the player can hit that target out, or time runs out.

- Use Levels to change the speed at which the targets change color. The younger the players, the more time given to reach the targets.
- Use a level with longer times for running or ball games.
- Once the player reaches 19, they are to count backwards to zero and then back up again to 19 until time runs out.

Game Number 19

Name: Chase the Single Target - Counting by 2's (forward and back)

Game Rules:

- Chase one target at a time counting in 2's; all other targets are off.
- System starts at "0" or "1" and turns on any 1 target at a time such that the player is to count by 2's from "0" to "19."
- The target starts out blue and changes colors with the duration of time taken to put it out.
- The target starts out blue and in the times listed below, changes to green to yellow to orange and then to red.
- Score earned for each hit reduces with each color change
- Target remains red until the player can hit that target out, or time runs out.
- Use Levels to change the speed at which the targets change color. The younger the players, the more time given to reach the targets.
- Use a level with longer times for running or ball games.
- Once the player reaches "19", they are to count backwards to zero and then back up again to "19" until time runs out.

Game Number 20

Name: Chase the Single Target - Alphabet (A to Z and back)

Game Rules:

- System turns on one target at a time as a letter, in order from "A" to "Z." Player must hit that target for the next one to appear.
- Count increases by a letter of the alphabet with each successful strike.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- The target starts out blue and in the times listed below, changes to green to yellow to orange and then to red.
- Score earned for each hit reduces with each color change
- Target remains red until the player can hit that target out, or time runs out.
- Use Levels to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Once the player reaches Z, they are to go backwards to A and then back to Z until time runs out.

Game Number 21

Name: Chase the Single Target - Emoticons

Game Rules:

- Target zones include any single target displaying an emoticon.
- Hits to this target is considered good and earn points.
- As the target is hit, a new one will light up displaying a new emoticon.
- The target starts out blue and in the times listed below, changes to green to yellow to orange and then to red.
- Targets remain red until the player can hit that target out, or time runs out.
- Use the Yellow Level button to change the speed at which the targets change color. The younger the players, the more time given to reach the targets.
- Use a level with longer times for running or ball games.



Game Number 22

Name: Chase the Single Target - Dice

Game Rules:

- Target zones include any single target displaying side of a dice.
- Hits to this target is considered good and earn points.
- As the target is hit, a new one will light up displaying a new side of a dice.
- The target starts out blue and in the times listed below, changes to green to yellow to orange and then to red.
- Targets remain red until the player can hit that target out, or time runs out.
- Use the Yellow Level button to change the speed at which the targets change color. The younger the players, the more time given to reach the targets.
- Use a level with longer times for running or ball games.
-

Game Number 23

Name: Chase the Single Target - Shapes (square, triangle, circle, or rectangle)

Game Rules:

- Target zones include any single target displaying a shape.
- Hits to this target is considered good and earn points.
- As the target is hit, a new one will light up displaying a new shape.
- The target starts out blue and in the times listed below, changes to green to yellow to orange and then to red.
- Targets remain red until the player can hit that target out, or time runs out.
- Use the Yellow Level button to change the speed at which the targets change color. The younger the players, the more time given to reach the targets.
- Use a level with longer times for running or ball games.

Game Category 40-47: Lights Out

This category of games turns on all of the lighted targets at once and points are earned by knocking them out. Some games are very specific about which lights can be knocked out and in what order, so pay attention as these are the only ones that will earn points.

40	Lights Out - Race (timed).
41	Lights Out - Sequential Order (timed).
42	Lights Out - Keep 3 On
43	Lights Out - Counting by 1's (forward and back).
44	Lights Out - Counting by 2's (forward and back).
45	Seek the Letter - Alphabet (A to Z and back with all targets lit).
46	Seek the Color - Color (with all targets lit).
47	Seek out Smiley - Smiley (with all targets lit).

Game Number _____ 40 _____

Name: Lights Out – Race (timed)

Game Rules:

- Game begins with all targets turned on in a single randomly selected color.
- Race to see how quickly all targets can be put out.
- The scoreboard counts the seconds until the last target is out.
- Objective is to knock out all of the targets.
- If players are using hands, then they have the ability to knock out 2 targets at the same time. However, when throwing balls and beanbags, etc. the shots will mostly come one at a time.
- First player or team to hit out all lights will end the game and their station will light up in a celebratory way. Exploding targets flashing up and down the station, and score will flash to show that they were the winners.

Game Number _____ 41 _____

Name: Lights Out - Sequential Order (timed)

Game Rules:

- Game begins with all lights turned on and a number allocated to each target starting at "1".
- Objective is to knock out all of the targets in sequential order counting from one up and within the time set.
- If a target that was out is hit again, it comes on and a point is deducted.
- If the wrong target is hit then a point is deducted from the accumulated score.
- Games ends when all targets are knocked out and system will light up in a celebratory way and score will flash.
- 5 points are awarded for each correct hit and the game ends with all the lights are out.

Game Number _____ 42 _____

Name: Lights Out – Keep 3 On

Game Rules:

- The game begins with all lights turned on and all LED's fully illuminated in a randomly selected color for that game.
- Objective is to knock out all of the targets. When a lit target is hit the lit LED's turn completely off as quickly as possible.
- If players are using hands, then they have the ability to knock out 2 targets at the same time.
- Once the four targets have been hit out, for all subsequent shots that hit out a target, the system will turn on another target to keep the game going.
- Keeping three targets on will continue until the last 1.5 seconds of the game when we give the player the opportunity to actually get all the lights out.
- When time expires all targets will flash.

Game Number _____ 43 _____

Name: Lights Out - Counting by 1's (forward and back)

Game Rules:

- The game begins with all lights turned on displaying random numbers.
- Objective is to knock out all of the targets in sequential numeric order by seeking out the "0," then the "1," until "19."
- When the right numbered target is hit all targets refresh with new numbers and the players must seek out the next number and knock it out.
- When "19" is reached start counting backwards.
- 5 Points are awarded for each correct hit.
- When time expires, the system will light up and score will flash.

Game Number _____ 44 _____

Name: Lights Out - Counting by 2's (forward and back)

Game Rules:

- The game begins with all lights turned on displaying random numbers.
- Objective is to knock out all of the targets in sequential numeric order by seeking out the "0," then the "2," until "18" , or, starting at "1", then the "3", until "19"
- When the right numbered target is hit all targets refresh with new numbers and the players must seek out the next number and knock it out.
- When "18" or "19" is reached start counting backwards.
- 5 Points are awarded for each correct hit.
- When time expires, the system will light up and score will flash.

Game Number _____ 45 _____

Name: Seek the Letter - Alphabet (A to Z and back with all targets lit)

Game Rules:

- Game begins with all lights turned on displaying random letters of the alphabet including "A."
- Objective is to knock out all of the targets in sequential alphabetic order by seeking out the "A," then the "B," until "Z."
- When the right lettered target is hit all targets refresh with new letters and the player must strike the next letter in order of the alphabet.
- Adding more time can challenge players to reach "Z" and then attempt the alphabet backwards.
- 5 Points are awarded for each correct hit. 10 points for targets hit going backwards.
- When time expires, the system will light up and score will flash to show who the winner was.

Game Number _____ 46 _____

Name: Seek the Color - Color (with all targets lit)

Game Rules:

- The game starts with the center target displaying the color that must be chased.
- Begin with all lights turned on displaying random colors including the color identified at the start of the game.
- Objective is to knock out the identified colored target only.
- All targets will immediately refresh with new colors and the player must seek out the identified color.
- Continue play until time runs out.
- 5 Points are awarded for each correct hit.
- When time expires, the system will light up and score will flash.

Game Number _____ 47 _____

Name: Seek out Smiley – Smiley (with all targets lit)

Game Rules:

- The game starts with the center target displaying the color SMILEY that must be chased.
- The game begins with all lights turned on displaying SAD FACES and SURPRISED faces in random colors including the SMILEY in the color identified at the start of the game.
- Objective is to knock out the identified colored SMILEY target only.
- All targets will immediately refresh with new SAD FACES and SURPRISED faces and the player must seek out SMILEY.
- Continue play until time runs out.
- 5 Points are awarded for each correct hit.
- When time expires, the system will light up and score will flash.

Game Category 60-73: Memory – Pairing and Pattern Recognition

This category of games test memory by revealing numbers, colors, shapes, or letters on certain targets and requiring players to find their match. Points are earned when two targets are paired up.

60	Pairing - Color (timed game).
61	Memory - Color (race).
62	Pairing - Numbers (timed).
63	Memory - Numbers (race).
64	Memory – Numbers – Find the sequence (race)
65	Pairing - ABC (timed).
66	Memory - ABC (race).
67	Memory – Alphabet – Find the sequence (race)
68	Pairing - Shapes (timed).
69	Memory - Shapes (race).
70	Pairing - Dice (timed).
71	Memory - Dice (race).
72	Pairing - Symbols (timed).
73	Memory - Symbols (race).

Game Number 60

Name: Pairing - Color (timed game)

Game Rules:

- The game starts with all targets loaded with a different color but turned off.
- Only two targets have the same color.
- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.

Game Number 61

Name: Memory - Color (race)

Game Rules:

- The game starts with all targets loaded with a different color but turned off.
- There are enough pairs for an even number of targets and the odd target has no mate.

- Objective is to only knock out the targets that are a paired to earn 100 points for each pair found.
- When the three pairs are found, the system refreshes, a successful sound is heard and another set of three must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time ends.
- Score reflects the number of pairs found.



Game Number 62

Name: Pairing - Numbers (timed)

Game Rules:

- The game starts with all targets loaded with a different number but turned off.
- Only two targets have the same number.
- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.

Game Number 63

Name: Memory - Numbers (race)

Game Rules:

- The game starts with all targets loaded with a different number but turned off.
- There are enough pairs for an even number of targets and the odd target has no mate.
- Objective is to only knock out the targets that are a pair to earn 100 points for each pair found.
- When the three pairs are found, the system refreshes, a successful sound is heard and another set of three must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time ends.
- Score reflects the time it takes to find all the pairs.



Game Number 64

Name: Memory – Numbers – Find the sequence (race)

Game Rules:

- The game starts with all targets loaded with a different set of sequential letters of numbers but turned off.
- Objective is to turn on targets to find their sequence.
- Hit any target, it will turn on and stay on revealing a number.
- Then seek the next sequential number by striking a target.
- If wrong it turns on for a second and turns off – remember what it is as you will need it as the game progresses.
- If the second target is the next sequential number, it is correct and will stay on.
- Repeat until all targets are turned on with the correct sequence of numbers.
- Game ends when all the sequential numbers have been found.
- Score reflects the time taken to find the sequence of numbers.



Game Number 65

Name: Pairing - ABC (timed)

Game Rules:

- The game starts with all targets loaded with different letters of the alphabet but turned off.
- Only two targets have the same letter.
- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.

Game Number 66

Name: Memory - ABC (race)

Game Rules:

- The game starts with all targets loaded with a different letter but turned off.
- There are enough pairs for an even number of targets and the odd target has no mate.
- Objective is to only knock out the targets that are a pair to earn 100 points for each pair found.

- When the three pairs are found, the system refreshes, a successful sound is heard and another set of three must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time ends.
- Score reflects the number of pairs found.

Game Number 67

Name: Memory – Alphabet – Find the sequence (race)

Game Rules:

- The game starts with all targets loaded with a different set of sequential letters of the alphabet but turned off.
- Objective is to turn on targets to find their sequence.
- Hit any target, it will turn on and stay on revealing a letter of the alphabet.
- Then seek the next sequential letter by striking a target.
- If wrong it turns on for a second and turns off – remember what it is as you will need it as the game progresses.
- If the second target is the next sequential letter, it is correct and will stay on.
- Repeat until all targets are turned on with the correct letter sequence of the alphabet.
- Game ends when all the sequential letters have been found.
- Score reflects the time taken to find the sequence of numbers.

Game Number 68

Name: Pairing - Shapes (timed)

Game Rules:

- The game starts with all targets loaded with different geometric shapes but turned off.
- Only two targets have the same shape.
- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.

Game Number 69

Name: Memory - Shapes (race)

Game Rules:

- The game starts with all targets loaded with a different geometric shapes but turned off.
- There are enough pairs for an even number of targets and the odd target has no mate.
- Objective is to only knock out the targets that are a pair to earn 100 points for each pair found.
- When the three pairs are found, the system refreshes, a successful sound is heard and another set of three must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time ends.
- Score reflects the number of pairs found.

Game Number 70

Name: Pairing - Dice (timed)

Game Rules:

- The game starts with all targets loaded with different sides of a dice but turned off.
- Only two targets have the same dice number.
- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.

Game Number 71

Name: Memory - Dice (race)

Game Rules:

- The game starts with all targets loaded with a different sides of a dice but turned off.
- There are enough pairs for an even number of targets and the odd target is assigned to being a sad face emoticon that produces no result.
- Objective is to only knock out the targets that are a pair to earn 100 points for each pair found.
- When the three pairs are found, the system refreshes, a successful sound is heard and another set of three must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.

- Game ends when time ends.
- Score reflects the number of pairs found.

Game Number 72

Name: Pairing - Symbols (timed)

Game Rules:

- The game starts with all targets loaded with different symbols but turned off.
- Only two targets have the same shape.
- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.

Game Number 73

Name: Memory - Symbols (race)

Game Rules:

- The game starts with all targets loaded with a different symbol but turned off.
- There are enough pairs for an even number of targets and the odd target has no mate.
- Objective is to only knock out the targets that are a pair to earn 100 points for each pair found.
- When the three pairs are found, the system refreshes, a successful sound is heard and another set of three must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time ends.
- Score reflects the time it takes to find all the pairs.

