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The invention relates to the field of electronic games designed to stimulate children's interest in physical education and/or in doing physical exercises.

The method for the formation of skills for doing physical exercises during the morning exercises and during the day in children, and system for implementing the method consists in the child's game with a gaming device, imitating the life of a virtual friend, the general condition of the latter being determined by the given attention, namely feeding and care of the given virtual friend, which is controlled by the child with the help of operating controls of the gaming device. The general state of the virtual friend is proportionally influenced by the objective motion activity of the child, depending on the activity and time of doing by the child of physical exercises during the morning exercises and during the day. The motion activity is measured by means of a measuring device, embedded in a children's electronic clock, which at the end of the day is connected to the gaming device for transmission of information accumulated during the day.

Claims: 2

Fig.: 2