

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Birds on a Wire

Game Description:

A warm-up game that requires no equipment.

Objective:

Budgies: To run past the Parrot on the wire and get to the other side of the room. Parrot: To tag the Budgies as they fly past you, but you must stay on your wire.

Game Rules:

Select someone to be the Parrot. The Parrot will be 'it' and must stay on the centre line. The rest of the children are the Budgies. When given the signal (one two three FLY) the Budgies will attempt to fly past the Parrot to the other side of the room. The Parrot will attempt to tag the Budgies as they fly by but must stay on the line. If a Budgie is tagged he/she becomes a Parrot and joins the other Parrot on the line. Keep going until you have one Budgie left. The last Budgie remaining will start the next round as the Parrot.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years

TYPE OF ACTIVITY:

Warm up/Cool down

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders
3 - 4 Leaders
Event staff

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Coordination
Dodge
Run
Track