

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Nerves of Steel

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### Game Description:

A nice warm up game that focuses on tracking, catching and anticipating a throw.

### Objective:

Catch the ball when thrown.

### Game Rules:

Players must catch the dodge ball when thrown to them by the leader. Their arms must not move from their sides, only if the ball is actually thrown. The leader can fake a throw to try to bait the catcher. If their arms move when not thrown, they do a lap around the gym and they are back in the game.

### AGE:

7 to 9 years  
10 to 12 years  
13 to 15 years  
16 to 17 years

### TYPE OF ACTIVITY:

Skill instruction

### SPACE NEEDED:

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

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)  
Medium group (6 - 15 kids)  
Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Catch  
Coordination