

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Jumping over Noodles

Game Description:

A great activity to introduce or improve the skill of jumping or hopping. All you need are pool noodles or something similar to jump or hop over.

Objective:

To jump or hop over all the noodles on the floor.

Game Rules:

Lay down several pool noodles on the floor and have the children line up single file. Have the first child in line jump or hop over all the noodles and then return to the back of the line. Encourage the children to take off on one or two feet and land on one or two feet.

AGE:

4 to 6 years

TYPE OF ACTIVITY:

Skill instruction
Warm up/Cool down

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Hop
Jump