

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Big Ball Walkout

Game Description:

A great activity to develop core, upper and lower body strength. All you need is a Pilates ball.,

Objective:

To develop strength by "walking out" away from the Pilates ball on you hands.

Game Rules:

Have the child start this activity lying face down on top of the Pilates ball. Have them move forward until their hands can touch the ground. Once their hands are touching the ground they are now ready to move forward by walking out on their hands. The farther they move forward the harder the exercise becomes as the ball will move back towards their feet and they will have to support more and more of their body weight.

AGE:

4 to 6 years
7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

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:

2 Leaders
3 - 4 Leaders

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination