

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Balance Tug of War

Game Description:

A modified version of tug of war. Balance discs and half noodles are all that is required.

Objective:

To stay on you balance disc while attempting to move you partner of of their balance disc.

Game Rules:

Have two participants on balance discs about 2 feet apart. Have each person hold onto one end of a half noodle in each hand. On the signal the participants will push and pull on the noodles to try to knock their opponent off of their balance disc.

Adaptations (optional):

If this is too hard, give each participant two balance discs, one for each feet. This will allow them to be more stable.

AGE:

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

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

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

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)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination