

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Atoms

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### Game Description:

An active warm-up game that incorporates numeracy.

### Objective:

When the leader calls out a number, make a group of that many participants.

### Game Rules:

The leader will call out a Fundamental Movement Skill such as hopping. The participants will then hop around until the leader calls out a number. For example, if the leader calls out the number five, then the participants must attempt to get into a group of five. Those who do not get into a group of the correct number will then do ten star jumps.

### AGE:

4 to 6 years  
7 to 9 years  
10 to 12 years

### TYPE OF ACTIVITY:

Multi-skill game  
Warm up/Cool down

### 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:

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

### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Gallop  
Hop  
Jump  
Run  
Skip