

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Chicken Nugget Tag

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#### Game Description:

A fun "tag" style warmup game! Avoid being tagged and turning into a chicken nugget!

#### Objective:

Tagger: To tag as many people and turn them into chicken nuggets! Runners: To avoid being tagged. Chef: Save as many people as possible that have turned into chicken nuggets and help them get back in the game.

#### Game Rules:

There is one tagger, one chef and several chickens. The tagger is holding the latex chicken and attempts to tag as many people as possible with the chicken. When someone is tagged they turn into a chicken nugget by going into a crouched position. The chef is holding a "frying pan" (aka hoop). The chef must try and help the chicken nuggets get back into the game by placing the frying pan around them and pretending to fry them on the pan. Once the chef has helped the chicken nugget (person tagged), the person tagged can get back into the game! If there are lots of children, more chickens and hoops may need to be added.

#### AGE:

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:

Dodge  
Run