

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Clearing Stick Race

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#### Game Description:

This is a really fun game that works great at a large function such as a community party or convention. Time your jump properly to make it over the stick!

#### Objective:

Reach the opposite end of the gym as a team before the opposing team does.

#### Game Rules:

Two teams line up, each in a single file at one end of the gym facing the wall. Two people from the front of each group grab a ringette (or broom handle) stick and bring it under the feet of each person in their group (the other people in the group have to jump over the stick as it comes by). Once the two stick carriers reach the end of the line, they pass the stick along the ground through the legs of everyone in their group to the front of the line. After the stick goes between each person's legs, the two stick carriers get in line and the cycle continues with the next 2 people at the front of the line. The first team to reach the other end of the gym wins.

#### AGE:

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

#### TYPE OF ACTIVITY:

Co-operative / Team  
Building / Ice Breaker  
Warm up/Cool down

#### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Field / Park

#### HOW MANY LEADERS ARE NEEDED:

2 Leaders

#### HOW BIG OF A GROUP IS NEEDED:

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

#### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Coordination  
Dodge  
Jump  
Run