

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Colour Dribble

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### Game Description:

A good game to work on transportation skills with kicking or dribbling a ball.

### Objective:

To bring ball to the assigned coloured hoop.

### Game Rules:

The leader will call out a colour. Players must kick or dribble their ball to that coloured hoop. Players may either take turns or the hoops may be spread out everywhere in the space and have many hoops of the same colours and have all players play at the same time, travelling to their closest hoop of the called colour.

### Adaptations (optional):

To make that game harder, you can spread out the hoops or add many more colours. To make the game less challenging you can use less colours and bring the hoops closer together.

### AGE:

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

### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

One person  
Pair  
Small group (3-5 kids)  
Medium group (6 - 15 kids)

### TYPES OF SKILLS PRACTICED:

Coordination  
Kick