

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Screaming Eagle

Game Description:

Great ice breaker or warm up activity!

Objective:

To get the children moving and laughing at the beginning of a program.

Game Rules:

Begin by having children line up in a horizontal line. On go, children must run as far as they can while screaming. Once the child takes a breath they must stop and stand where they took a breath. If they reach the end of the gym or field and they still have scream left they can turn around and come back. the winner is the child who makes it the furthest.

Adaptations (optional):

Depending on the size of group you can adapt the game so that children do their screaming run individually.

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

SPACE NEEDED:

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

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)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Run