

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Noodle or Block Madness

Game Description:

Fun multi-skill game!

Objective:

The goal of this game is to engage children in a variety of locomotor skills.

Game Rules:

Lay half noodle all over the open space. Begin by having the children skipping around the noodles when the leader calls out a colour, the children run to a noodle of that colour and touch it. Once everyone has touched the right coloured noodle the game begins again.

Adaptations (optional):

For variation, different locomotor skills can be used in place of skipping such as running, hopping, galloping etc. You can also play this game using blocks.

AGE:

2 to 3 years
4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Multi-skill game
Skill instruction

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders

HOW BIG OF A GROUP IS NEEDED:

One person
Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Coordination
Gallop
Hop
Jump
Run
Skip