

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 River Cross

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### Game Description:

A fun warm up or cool down game which focuses on team work. All the equipment needed is a large tarp, mat, or blanket for each team.

### Objective:

To make it across the river without falling into the water (falling off of your tarp)

### Game Rules:

In this game, teams need to cross the river (the playing area) as quickly as possible. Each team will be equipped with two blankets or tarps. They have to cross the river only standing on the blankets (ie. they cannot step onto the floor). If someone touches the bare floor, the whole team must walk the blankets back to the start line and begin again,

### 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)  
Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)  
Field / Park

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

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

### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Coordination  
Hop  
Jump