

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Zombie Chase

Game Description:

Fun warm-up game to get all the children moving around!

Objective:

Run away from the zombie!

Game Rules:

The leader acts like a zombie and chases the children around the play area!

AGE:

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

TYPE OF ACTIVITY:

Warm up/Cool down

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Coordination
Dodge
Run