

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Over and Under Relay

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#### Game Description:

A fun relay game to develop cooperation and teamwork.

#### Objective:

Players pass an object either over their head or under their legs alternatively to reach the finish line.

#### Game Rules:

Have players line up behind each other in groups of six to ten, spreading out one arm's length distance apart. Give the person in front of the line a ball. When the game started, players pass the object either over their head or under their legs to their teammates, alternating methods with each person (first person passes over their head, second person passes under their legs, third person over their head and so on). After each pass players must runs/skip/jumps/etc. to the back of the line and start passing the object over their head or under their legs again. Play until one group's object reaches the finish line.

#### AGE:

4 to 6 years  
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:

Catch  
Coordination