

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Safety Falls and Rolls

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#### Game Description:

Falling, landing and rolling are important parts of becoming physically literate.

#### Objective:

To learn proper falling, landing and rolling techniques.

#### Game Rules:

Have the children practice how to fall on the mats from different positions and do different rolls such as log rolls, egg roll and seated rolls to get the children moving.

#### AGE:

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

#### TYPE OF ACTIVITY:

Skill instruction

#### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)

#### HOW MANY LEADERS ARE NEEDED:

Only 1

#### HOW BIG OF A GROUP IS NEEDED:

One person  
Pair

#### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Coordination  
Jump