

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Noodle Balance and Boat Rope

Game Description:

Great activity for balance and coordination.

Objective:

To practice balancing on a variety of equipment.

Game Rules:

Using different types of equipment like boat ropes, noodles and lines on the floor get the children to walk along them like a balance beam as if they were tight rope walkers.

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)

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)

TYPES OF SKILLS PRACTICED:

Agility

Balance

Coordination