

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Toe Touch

Game Description:

A fun way to get kids moving in different ways and to create partners!

Objective:

Move around until the leader calls out toe touch.

Game Rules:

The leader yells out a movement skill like gallop, all the children have to gallop around until the leader yells toe touch! Once yelled the children must find the person closest to them and touch toes.

Adaptations (optional):

You can call out different movement skills like run, skip, hop, gallop, bear walk, crab walk, and frog hop. If you have older kids you can try backwards walking. You can also ask for the kids to make a star for making groups of five.

AGE:

4 to 6 years
7 to 9 years
10 to 12 years
13 to 15 years

TYPE OF ACTIVITY:

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:

Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Coordination
Gallop
Hop
Jump
Run
Skip