

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Toilet Tag

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### **Game Description:**

A fun warm up game that encourages laughter and silliness.

### **Objective:**

Don't get turned into a stinky toilet.

### **Game Rules:**

Assign children to be runners and taggers. The taggers try to tag the runners, if they tag someone that person turns into a toilet. To become a toilet kneel on one knee and put arm outwards until a runner comes and "flushes" them by pushing their hand to the ground, the person who was tagged must also spin around 3 times before getting back in the game. Change the tagger frequently.

### **Adaptations (optional):**

Try playing rounds of skipping and galloping.

### **AGE:**

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

### **TYPE OF ACTIVITY:**

Warm up/Cool down

### **SPACE NEEDED:**

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty 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  
Run