

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Colour Switch

Game Description:

A colourful warm up or cool down activity using a multi-coloured parachute

Objective:

Switch colour with someone else if your colour is called.

Game Rules:

When the leader calls out a colour, if you are on that colour you will need to switch places with someone else before the parachute falls down.

AGE:

4 to 6 years
7 to 9 years
10 to 12 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)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Run