

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Guardians of The Galaxy!

---

#### Game Description:

A fun multi-skill game to get kids moving!

#### Objective:

Try to hit the aliens with the dodgeball before they get all the power sources (beanbags) and take over the universe!

#### Game Rules:

Have all children start on base line and call them the Aliens. The Aliens try to run across the gym to pick up their power source (bean bag) one at a time. One child will start as a human on the outside of the Milky Way (playing area) and will try to throw dodgeball at the aliens. If an Alien is hit with a dodgeball they turn into a human and join in as a human. Instruct children that the hula hoops placed in the Milky Way are safe portals that they can stay inside for a max of 3 seconds, Aliens cannot be hit if inside a portal. If all the bean bags are collected by the Aliens, the Aliens take over the galaxy and win. If the humans take over, they win!

#### Adaptations (optional):

Instruct children to do an action like jumping jacks inside the portals.

#### AGE:

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

#### TYPE OF ACTIVITY:

Multi-skill game

#### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Field / Park

#### HOW MANY LEADERS ARE NEEDED:

Only 1  
2 Leaders  
3 - 4 Leaders

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

Large group (16+ kids)

#### TYPES OF SKILLS PRACTICED:

Coordination  
Dodge  
Jump  
Run  
Throw  
Track