

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Don't Wake The Monster

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#### Game Description:

Fun warm up game to practice movement skills!

#### Objective:

Don't get tagged by the monster!

#### Game Rules:

One monster starts by lying down in the middle with their eyes closed pretending to be sleeping. All the kids must move around in a variety of different ways, like running, skipping, galloping, bear walking, etc. The leader will play music while the kids are moving around, when the music stops the monster walks up and tries to tag the kids. If tagged, they join in as a monster for the next round. When the music begins playing again the monster(s) go to sleep.

#### AGE:

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

#### TYPE OF ACTIVITY:

Multi-skill game  
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  
2 Leaders  
3 - 4 Leaders  
Event staff

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

Small group (3-5 kids)  
Medium group (6 - 15 kids)  
Large group (16+ kids)

#### TYPES OF SKILLS PRACTICED:

Agility  
Coordination  
Gallop  
Hop  
Jump  
Rhythm  
Run  
Skip