

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Hot Dog Switch

Game Description:

A fun game to warm up and as an ice breaker.

Objective:

Avoid being turned into a hot dog

Game Rules:

Pick a few taggers, depending on your group size. If a child is tagged, they turn into a hot dog and lay on the floor. The only way they can get back in the game is if two other players lay on the floor, both on either side of the hot dog and form the hot dog bun. Once the bun is formed, the child is back into the game. Be sure to change up the taggers and encourage the children to help their hot dog friends out!

AGE:

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

TYPE OF ACTIVITY:

Multi-skill game
Warm up/Cool down

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders

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
Run