

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Flying Duckies

Game Description:

This is a great fun way to get young children learning to throw with both hands. .

Objective:

Each child should only be given one duckie at a time to throw. After the child has thrown their duckie, have them then run and grab the duck, and stand again holding the duckie in both their hands, waiting for the next throw.

Game Rules:

This game will work on the fundamentals of throwing, and also gets the children running after their ball after they have completed the throw. Give each child a yellow foam/sponge ball and tell them this is their duckie. Have all the children stand up in a horizontal line. You can place a boat rope or other types of markers on the ground to help the children space themselves out. Once they are standing, let them know we are going to make our duckies fly. Have them hold their duckie up high in the air, you can encourage them to quack like a duck at this point. Then have them show their duckie behind them to help with the follow through of their throw, and then have them throw their duckie

AGE:

2 to 3 years
4 to 6 years

TYPE OF ACTIVITY:

Skill instruction

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Run
Throw