

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Don't Take From Me!

Game Description:

Fast game to get children moving at top speed!

Objective:

Try to take others bean bags before yours are taken!

Game Rules:

Set up all the hula hoops in the playing area with three beanbags in each hula hoop. Instruct each child to go to a hula hoop to start the game, this hula hoop is their home for the game. The objective is to steal other bean bags from different children's homes before the time runs out (time determined by leader). Children can only grab one beanbag at a time and must bring it back to their home. When the time runs out have the children count out how many bean bags they grabbed.

Adaptations (optional):

Have different teams according to different hula hoop colours to make it into a team activity. Try different skills like galloping, skipping, jumping, crawling, to add a different aspect to the game.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Multi-skill game

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

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
Run