

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Bear Crawl Relay

Game Description:

A quick warm up relay race!

Objective:

A game to practice crawling without your knees on the ground!

Game Rules:

Split the children up in to a few teams so there is around 5 people per team. Line them up along a line, and mark another line about 10 to 20 feet away. One by one each child in line has to "bear crawl" to the line and back to their team. Bear crawling is similar to regular crawling except your knees are not allowed to touch the ground, so they can only use their hands and feet. After they bear crawl to the line and back to their team they high five the next person in line for their turn. The first team to have everyone back in line sitting quietly wins!

AGE:

2 to 3 years
4 to 6 years
7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
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)

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
Balance
Coordination