

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Birds Can Fly

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### Game Description:

A fun game to get kids moving in various ways!

### Objective:

Do the correct action that the leader says!

### Game Rules:

Players are scattered randomly, but face the activity leader that calls out things that are true about animals (for example: birds can fly, rabbits can hop, horses can trot). Players follow these directions by doing the correct action. If the caller says something that is not true, such as cats can bark, the players should not act it out.

### Adaptations (optional):

You can eliminate the players that do an action that is not true (for example, a player hops after the leader says birds can hop).

### AGE:

4 to 6 years  
7 to 9 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)

### 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  
Coordination  
Gallop  
Hop