

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Earth, Air, Water, or Fire

Game Description:

Great game to practice throwing

Objective:

Think of an animal quickly so you are not "it".

Game Rules:

Sitting in a circle, one child is in the middle and throws the ball to someone and calls either "Earth, Air, Water, or Fire". If he/she calls Earth, the child thrown to has to name a ground animal. If air, they have to name a flying animal. If water is called, the child has to name an animal or fish that swims. If fire is called, everyone has to stand up and sit down...the last child to do so is the next middle person. If the child thrown to cannot think of anything to say, they switch places with the person in the middle.

Adaptations (optional):

Have the children stand in a circle and when the ball is thrown to them, they have to act out an animal as they're saying it.

AGE:

7 to 9 years
10 to 12 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:

Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Agility
Coordination
Throw