

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Odd Ball

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### Game Description:

A fast paced game to help kids throw a ball

### Objective:

To keep the dodge balls off your side of the playing area

### Game Rules:

Divide the group into two teams, one for each side of the playing area. The goal of the game is to toss, not kick the balls on to the other team's side. After five minutes the instructor will yell "stop". Then each team counts how many balls are on each side. The team with the most balls at the end loses.

### Adaptations (optional):

Tell the children they have to kick the ball to the other side of the playing area instead of throwing. You can also have the players kick or throw the ball.

### AGE:

7 to 9 years  
10 to 12 years

### TYPE OF ACTIVITY:

Co-operative / Team  
Building / Ice Breaker  
Multi-skill game

### SPACE NEEDED:

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

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)  
Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Kick  
Run  
Throw