

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Human Ladder Relay

Game Description:

A fun relay game that makes you jump to victory!

Objective:

Beat your partner back to your original spot!

Game Rules:

Have everybody find a partner that they will sit toe to toe with. All partners forms a line with roughly a body space in between each pair to form a ladder. The instructor gives each pair a number. When you hear your number called, you jump up and race your partner by jumping over everybody's legs and return back to their spot. The person that gets back first earns a point for their side of the line.

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)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Coordination
Hop
Jump
Run