

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Breakaway!

Game Description:

Lead up game for stickhandling and scoring.

Objective:

Score goals with your noodle until all the foam balls are gone!

Game Rules:

First set up a hoop or a box on one side of the room and spread out a bunch of foam or sponge balls on the other side of the room. Give each child 1 noodle and instruct them that they need to get all the balls through the hoop (or into the box) by using their noodle, NO HANDS ALLOWED! Children must use the noodle to "stickhandle" the ball towards the goal and then shoot it in! Once all the balls are gone, spread them out and play again!

AGE:

2 to 3 years
4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

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

SPACE NEEDED:

Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders

HOW BIG OF A GROUP IS NEEDED:

Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Agility
Coordination
Rhythm
Run
Strike
Track