

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Quick like a Cat

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#### Game Description:

A game practicing basic motor movements with quick reaction skills.

#### Objective:

To be the first person to grab the beanbag/ball that's in the middle of the circle.

#### Game Rules:

Separate the children into groups of 2 or 3 and have them create a small circle with a ball/beanbag in the middle. Give the children different commands to do (run, walk, skip, gallop, bear crawl) around the circle then eventually yell "Ball!" (if you choose to use a ball) and when you yell that, the children are to try and grab the ball that's placed in the middle first. Start a new round,

#### Adaptations (optional):

The child who gets the ball first can give out a "punishment" to the rest of the group. Ex: 10 jumping jacks, 5 burpees, etc.

#### AGE:

4 to 6 years  
7 to 9 years

#### TYPE OF ACTIVITY:

Skill instruction  
Warm up/Cool down

#### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)  
Field / Park

#### 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  
Jump  
Run  
Skip