

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Tug-a-War

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### Game Description:

A childhood favorite from generation to generation!

### Objective:

Try to out strength or out wit the other team.

### Game Rules:

Each team holds onto half the rope. Designate a cone half way through, one team has to pull another team over to win. Before pulling tell children that they are not allowed to wrap the rope around any body part and they have to stay on their feet. If someone on either team falls, the round is done.

### AGE:

7 to 9 years  
10 to 12 years  
13 to 15 years  
16 to 17 years

### TYPE OF ACTIVITY:

Co-operative / Team  
Building / Ice Breaker

### SPACE NEEDED:

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

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

Pair  
Small group (3-5 kids)  
Medium group (6 - 15 kids)  
Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Coordination  
Rhythm