

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Silly Relays

Game Description:

Try these silly relays to get children laughing!

Objective:

Be the first pair to finish each relay!

Game Rules:

In partners, children must do the challenge across the space and back. The first team to successfully do it wins! Relay 1- Partners must balance a noodle on their foreheads without it falling to the other side of the space and back. Relay 2- Partners must balance a ball using only their pointer fingers there and back. Relay 3- Partners must bring the ball and noodle there and back, only rule is that they are not allowed to touch the ball with their hands.

AGE:

4 to 6 years
7 to 9 years
10 to 12 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:

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

TYPES OF SKILLS PRACTICED:

Balance
Coordination
Rhythm
Run
Strike