

Fit Kids Healthy Kids – My Clipboard

Lesson 1 The Artic

Game Description:

A tag style game that gets children imagining they're northern sea mammals.

Objective:

To stay safe moving from iceberg to iceberg, avoiding the killers whales looming in the water.

Game Rules:

In the playing area set out mats, which will act as the icebergs. You can also place out hula hoops if you do not have enough mats. All the children start as seals. Pick only one or two children to start as killer whales. The seals will start on the icebergs (the mats or hula hoops). When they are on an iceberg they are safe. When a leader yells out SWIM, the seals must move off of their iceberg and go to another one, without being tagged by the killer whale, waiting in the water. If a seal is tagged by the killer whale they become a killer whale as well. When you yell out swim, the children can only switch once to another mat or hula hoop, to avoid the children constantly switching to taunt the whales. The whales are also allowed to circle an iceberg, because this is how they work together to capture a tasty seal! The game is over once all the seals have been turned into killer whales.

Adaptations (optional):

Switch up the movement that the children will do, having the seals skip and the killer whales gallop for example.

AGE:

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

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
Warm up/Cool down

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

2 Leaders

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Agility
Run