

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Ultimate Chicken with Hoops

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#### Game Description:

Adapted Ultimate Frisbee without endzones!

#### Objective:

Try to catch 5 consecutive passes in the hoops to score a touchdown!

#### Game Rules:

Split the children in to 2 even teams and spread a bunch of hoops all over the playing area. This game is an adaptation of ultimate frisbee or ultimate chicken, but rather than scoring in endzones, players must try to catch consecutive passes while standing inside hoops. Standard ultimate chicken rules apply. If a player is holding the chicken (or ball), they aren't allowed to move, but are allowed to pivot on one foot. A defender must stand at least an arms length away from someone holding the chicken. If a pass is attempted and either not completed or knocked away by the defending team, then the chicken is turned over to the other team. In order for a team to score a "touchdown" they must make 5 consecutive passes and catches inside of the scattered hoops. As the passes are made in the hoops the leaders should count out "1, 2, 3, 4... Touchdown!" It is important for leaders to explain the rules as the children play at the beginning of the game, identifying who has possession, who should be playing defense and encouraging everyone to keep moving. Once a touchdown is scored, possession of the chicken switches to the other team. The first team to score 5-7 points wins the game!

#### Adaptations (optional):

Check out Ultimate Chicken and Ultimate Frisbee if you like this game!

#### AGE:

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

#### TYPE OF ACTIVITY:

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

#### SPACE NEEDED:

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

#### HOW MANY LEADERS ARE NEEDED:

2 Leaders  
3 - 4 Leaders

#### HOW BIG OF A GROUP IS NEEDED:

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

#### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Catch  
Coordination  
Jump  
Rhythm  
Run  
Throw  
Track