

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Noodle Lifting

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### Game Description:

A cute introductory activity to anaerobic exercise!

### Objective:

Lift the noodles like grown-ups lift weights!

### Game Rules:

Give each child a half pool noodle. Explain that grown-ups do weight lifting to build muscle and we're going to practice some of these activities with noodles. Instruct the children to hold the noodle shoulder width apart up by their chest. Make a face like you're using all your might and push the noodle up in to the air. Do a few repetitions and then switch to a new activity. Some ideas for activities are squats and bicep curls, but be creative and add in any other activities you would like!

### AGE:

2 to 3 years  
4 to 6 years

### TYPE OF ACTIVITY:

Skill instruction  
Warm up/Cool down

### SPACE NEEDED:

Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)

### HOW MANY LEADERS ARE NEEDED:

Only 1  
2 Leaders

### HOW BIG OF A GROUP IS NEEDED:

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

### TYPES OF SKILLS PRACTICED:

Balance  
Coordination