

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Connect 4 Relay

Game Description:

A big and active version of the classic game Connect 4!

Objective:

Try to get 4 bean bags in a row before your opponent does!

Game Rules:

Place the hoops in 6x5 pattern on the floor and split the children into 2 teams on the opposite end of the playing area. Each team will have 15 bean bags of the same color. One at a time, a member from each team will run to the hoops and place a bean bag in one of the hoops, then run back to their team and high five the next person to go. A bean bag can only be placed in the second row of hoops if there is already a bean bag in the first row of hoops (to hold it up). The same applies to the 3rd, 4th and 5th rows. The game is a relay race to see if one of the teams can successfully place 4 bean bags in a row either horizontally, vertically or diagonally. If all 30 bean bags have been placed and it is a draw, reset the board and play again to break the tie! You can play a best of 7 series or mix and match the teams for more rounds!

Adaptations (optional):

Try skipping, galloping, hopping or other movements instead of running!

AGE:

4 to 6 years
7 to 9 years
10 to 12 years
13 to 15 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)
Small Space (Hall,
Furnished Room)

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Agility
Coordination
Run