

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Sword Tag

Game Description:

This sword game will be a favorite!

Objective:

Try to avoid getting hit!

Game Rules:

Give each child a half noodle and tell them that it is their sword. Each time they get hit with someone else's sword, they lose the part of their body that got struck (For example, if they get hit on their left leg, they must hop on their right leg). Assign one child to be the healer, their job is to tap the 'injured' limbs and heal the child.

AGE:

7 to 9 years

TYPE OF ACTIVITY:

Warm up/Cool down

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders
3 - 4 Leaders

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Dodge
Hop
Jump
Rhythm
Run
Strike