

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Milk Jug Pass

Game Description:

A fun throwing and catching game to develop hand-eye coordination!

Objective:

Try to catch and pass the ball as many times as you can!

Game Rules:

Prepare the equipment by cutting the bottom off of a 4L milk jug, you can use tape along the bottom edge to make sure there are no sharp edges. Split the children up into pairs and give each child their own jug and their own ball. Demonstrate how to throw and catch the ball using the milk jug and get them to try making throws up in the air and catching their own ball. After they make a few catches tell them to try and make passes and catches to their friends in their pair, they will only need 1 ball in their pair. Have them stand a few steps away from each other and once they get a few catches, tell the children to spread farther apart to make it a little more difficult.

AGE:

4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

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

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Pair
Small group (3-5 kids)

TYPES OF SKILLS PRACTICED:

Catch
Coordination
Rhythm
Throw
Track