

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Popcorn Clean Up

---

#### Game Description:

Try out this entertaining cool down game that makes cleaning up fun!

#### Objective:

Try to keep all the popcorn in the popcorn maker!

#### Game Rules:

Place beanbags inside of the hoop, this is the popcorn machine. Assign 1-2 children as the popcorn maker(s). The popcorn maker tries to throw all the popcorn (bean bags) out one at a time. The rest of the players try to get the beanbags and toss them back into the container. The popcorn maker(s) cannot intentionally block the beanbags. Play for 1 minute then count to see how many beanbags are out of the popcorn machine. Play multiple rounds to ensure each child has a turn as the popcorn maker.

#### Adaptations (optional):

Try this out with balls!

#### 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

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

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

#### TYPES OF SKILLS PRACTICED:

Catch  
Coordination  
Dodge  
Rhythm  
Run  
Throw