

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Ball Safe

Game Description:

Try this fun twist on tag!

Objective:

Try not to get tagged by running away from the taggers OR holding onto a ball to be safe!

Game Rules:

Assign a few children as taggers. All the other children are runners, just like any other tag game, you do not want to be tagged by the tagger. If you are holding a ball you are safe, but the rule is you cannot hold the ball for longer than 10 seconds. Working together the children must throw and catch the ball avoiding the taggers. If someone is tagged, they must sit down until someone passes the ball to them.

Adaptations (optional):

Try playing this game by kicking the ball instead of throwing.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 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)

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
Catch
Coordination
Rhythm
Run
Throw
Track