

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Animal Tag

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### Game Description:

Fun warm up game.

### Objective:

To develop hand-eye coordination and an ability to listen to directions

### Game Rules:

Group students into 2 groups, assign each group to be an animal. Have groups practice making the sound of their animal. The goal is to turn everyone into the same animal as your group. Once the game begins all students should be making animals noises and trying to safely tag each other. Once a student is tagged, s/he becomes the animal of the person that tagged her/him. The game continues until all students are the same animal.

### Adaptations (optional):

Create more animal groups. Choose 1-3 students that cannot be changed from their original animal (to keep the game going continuously). For the hearing impaired, you could have children do animal movements instead of using verbal cues.

### AGE:

4 to 6 years  
7 to 9 years

### TYPE OF ACTIVITY:

Co-operative / Team  
Building / Ice Breaker

### SPACE NEEDED:

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  
Dodge