

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Target

### Game Description:

A fun game to work on coordination, body control and sliding!

### Objective:

Try to avoid the bean bags being slid out of the middle!

### Game Rules:

Mark a medium sized circle with cones, or use lines on a gym floor to outline the playing area. 1 player will start in the middle with a pile of bean bags and all the other players will start outside the circle. The game begins by the players on the outside of the circle running around the circle. The player in the middle will begin to slide the bean bags along the ground in an attempt to hit a runner in the foot. When someone gets hit in the foot by a bean bag, they must go into the middle and join in as a bean bag slider. Once there is only 1 runner left, they will start as the first person in the middle for the next round.

### Adaptations (optional):

Try defining a starting line instead of continuous running. Once runners do a full lap, the game is paused until everybody crosses, then they all start running together to continue the game.

### AGE:

4 to 6 years  
7 to 9 years  
10 to 12 years

### TYPE OF ACTIVITY:

Multi-skill game

### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)  
Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Agility  
Coordination  
Dodge  
Jump  
Rhythm  
Run  
Throw  
Track