

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Island Challenge

Game Description:

A team building game

Objective:

Have the kids work together to come up with different strategies to succeed at all staying on the island.

Game Rules:

All kids must stay on the island for three seconds without touching the ground to succeed and move onto the next round. Equipment and Layout - Two jerseys per team Running the Activity Make teams of around 5. Lay down each team jerseys so they are completely unfolded and are touching each other. Have all members of the team attempt to get on the island (jerseys) for three seconds without any team members touching the ground. Each round make the jerseys smaller (ie. fold the arms in, fold in half, one jersey only).

Adaptations (optional):

Can use hoops as the island as well

AGE:

7 to 9 years
10 to 12 years
13 to 15 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker

SPACE NEEDED:

Small Space (Hall,
Furnished Room)

HOW MANY LEADERS ARE NEEDED:

Only 1

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:

Balance