

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Tornado

Game Description:

How fast can the clean up crew clean up the city after the Tornado throws everything everywhere!

Objective:

Run around the city until...Tornado! Throw everything around everywhere! Bring out the clean up crew to build back the city!

Game Rules:

Put a large hula hoop in the middle of the playing area, or outline a circular area with cones or a boat rope. Then place all the blocks, foam balls and sponge balls inside of the circle to make the City. Tell all the children to stand up and start walking or running in circles around the City. While everyone is walking, sing this song: "The wind blows fast and the wind blows hard, WHOOSH, WHOOSH, WHOOSH!" Repeat this a few times while the children continue to run around the City and then scream, "TORNADO!!" At this point all the children run into the City and pick up blocks and balls and throw them outside of the City, anywhere they want, just like a tornado would. Once everything has been thrown out of the city, yell: "CLEAN UP CREW! CLEAN UP TIME!" All the children will run outside the City and bring all the blocks and sponge balls back into the City. Children can build building and towers out of the blocks if they wish. Repeat the song and Tornado a bunch of times!

AGE:

2 to 3 years
4 to 6 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
Multi-skill game
Warm up/Cool down

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:

One person
Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Coordination
Gallop
Hop
Jump
Rhythm
Run
Skip
Throw