

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Body Part

Game Description:

Try this silly no equipment game with your little ones!

Objective:

Find a partner when the leader yells a body part.

Game Rules:

Children move around the playing area based on the loco motor skill the leader called out (ie. running, jumping, skipping, galloping, monster walk, etc). When the leader calls out a body part, children must find a partner to touch body parts with. Good examples are hands, pinkies, feet, knees, etc.

AGE:

4 to 6 years

TYPE OF ACTIVITY:

Warm up/Cool down

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Field / Park

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:

Agility
Balance
Coordination
Gallop
Jump
Run
Skip