

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Creature from Mars

Game Description:

Your children will love this silly tag and chant game!

Objective:

Don't get tagged by the creature from Mars!

Game Rules:

Assign one child to be the Creature from Mars, they are the "it". All other children will stand at one side of the gym. Before each round, the children chant "Creature from Mars, Creature from Mars, Will you take us to the stars?", the creature from mars will answer with "Only if you have _____" (examples, blue shirt, have a dog, hair in a pony tail, etc). Whoever the Creature calls, those children must try to run to the other side of the gym without getting tagged. If they are tagged, they join in as a Creature from Mars next round.

AGE:

4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Warm up/Cool down

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
Balance
Coordination
Dodge
Run