

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Space Ship Cool Down

Game Description:

Fly a space ship in this silly cool down activity.

Objective:

Launch the spaceship while cooling down.

Game Rules:

Give each child a hoop, tell them all to stand inside of it. Tell the children that they are astronauts and they are going to launch their spaceship (hoop). Start by warming up the space ship by moving your feet really fast inside the hoop. Then pick the hoop off the ground moving it up and down really close to the floor and start counting down for take off from 10 seconds. At 1 call out "BLAST OFF" and jump up as high as you can with the spaceship (hoop). Fly around holding onto your space ship focusing on self space.

AGE:

2 to 3 years
4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Warm up/Cool down

SPACE NEEDED:

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

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:

Coordination
Jump
Rhythm
Run