

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Corners

Game Description:

Fun grid game, station, or small group game!

Objective:

Try to steal the corner cones.

Game Rules:

Use 4 cones to make a square. Children are in groups of 5, 4 children stand by a cone and one stands in the middle. Students standing on the corners try to switch with each other while the middle children attempts to steal a corner. The student left without a corner goes to the middle for the next round.

Adaptations (optional):

If you have a large group of students, set it up like a grid game.

AGE:

7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

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)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders
3 - 4 Leaders

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
Dodge
Rhythm
Run
Track