

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Keep Away

Game Description:

A fun Keep away game with a twist. Poly spots and a ball are the only equipment needed.

Objective:

Person in the middle - Intercept or deflect a pass or to tag someone holding the ball
Players on the poly dots - Keep the ball away from the person in the middle, to avoid having your pass deflected or intercepted, and to avoid being tagged while holding the ball.

Game Rules:

Divide children into groups of four or five. If you have groups of five arrange four poly dots in a large square, if group of four arrange 3 poly dots in a large triangle. Each player will stand on a dot, with one player who is 'it' standing in the middle of the square or triangle. The game begins on the leaders signal, the players standing on the poly dots will toss or bounce a ball to each other while the player in the middle chases the ball to intercept it or to tag a player who is holding the ball. If the ball is intercepted or if someone holding the ball is tagged, the person who is 'it' takes the place of the person who tossed the interception or who was tagged holding the ball. Ball must be tossed or bounced below the head of the person who is 'it'. The ball cannot be held for more than three seconds. If your pass is intercepted, deflected, or if you are tagged while holding the ball you must switch places with the person who is 'it' in the middle.

Adaptations (optional):

If it is too easy for the person in the middle to get the ball or tag someone in possession of the ball, increase the size of the square or triangle.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
Multi-skill game

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders
3 - 4 Leaders
Event staff

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Catch
Coordination
Jump
Run
Throw
Track