

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Deep Blue Sea

---

### **Game Description:**

A version of tag in the deep blue sea.

### **Objective:**

To try and not get turned into a submarine

### **Game Rules:**

Designate the playing field (the ocean). Choose 2-3 taggers- they are the scuba divers. The rest of the children are the boats. If a scuba diver catches a boat- the boat gets pulled under the sea and becomes a submarine. So if one of the kids get tagged, they lie down on their backs and lift one leg to create a submarine. They can be turned back into a boat if another child comes and sets their leg back on the ground. They then can join back in the game.

### **AGE:**

4 to 6 years  
7 to 9 years  
10 to 12 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:**

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

### **TYPES OF SKILLS PRACTICED:**

Agility  
Run