

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Stomp n Colour Catch

---

#### Game Description:

A fun way to use your homemade stomp and catch board!

#### Objective:

To catch your colour beanbag as it flies off the stomp n catch board!

#### Game Rules:

Place the stomp n catch board in the playing area, and have all the children playing the game surround the board. One child, or the leader can be the stomper. Have each child have their own colour beanbag. Then when everyone has placed their beanbag on the end of the stomp and catch board, have one person stomp up all the beanbags. The children must then try to catch their colour beanbag! Have the children take turns stomping, and trying to catch their colour beanbag.

#### Adaptations (optional):

Try different objects, to make it easier to harder for different ages.

#### AGE:

7 to 9 years  
10 to 12 years

#### TYPE OF ACTIVITY:

Multi-skill game

#### 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

#### HOW BIG OF A GROUP IS NEEDED:

Pair  
Small group (3-5 kids)

#### TYPES OF SKILLS PRACTICED:

Catch  
Coordination  
Track