

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Kick Out

Game Description:

Great game to practice kicking and making saves!

Objective:

Try to kick the ball out of the circle!

Game Rules:

Tell the children to hold hands and make a big circle, they should spread out until their arms are straight out and then they can let go. One child is given a ball (soccer ball, dodge ball or other ball) and will go to the middle of the circle. The objective of the game is for the player in the middle to kick the ball out of the circle, while the players that make up the circle will try to block it from rolling out. The only rule to the game is that the kicker must keep the ball on the ground, they are not allowed to kick it up in the air. Once the ball is kicked out of the circle, whoever was closest to where it went out will go to the middle and be the new kicker.

AGE:

7 to 9 years
10 to 12 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)

HOW MANY LEADERS ARE NEEDED:

Only 1

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
Kick
Rhythm
Track