

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Puppy Walk and Tricks

Game Description:

Silly game where beanbags are puppies!

Objective:

Take your puppy for a walk.

Game Rules:

Give each child a beanbag and tell them that it is a puppy. Put the puppy on their leash by holding the edge of the bean bag. Have the children follow you as you take the puppy on a walk. Change the tempo so the puppy is running, walking, skipping, galloping, etc. In this game the leader has to be silly with the children. You can take the puppy to get water, food, on an adventure, etc. After walking the puppy ask the children if their puppies can do any tricks like sitting on top of their head. Have the children try different balance poses with the puppy (ie. balance on top of their hand, on their foot, on their back, etc).

AGE:

2 to 3 years
4 to 6 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:

Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Gallop
Hop
Jump
Rhythm
Run
Skip
Track