

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Block Knock Down

Game Description:

A great game to practice striking, balance and dodging.

Objective:

Try to knock off other players blocks while balancing their own blocks.

Game Rules:

Give each child two blocks. The participants will place the blocks in a T formation and balance them on the palm of one hand. When the instructor says go, participants try and knock one another's blocks off of their palms. When a participants block gets knocked off, they are not out of the game, they may continue playing and can now use both hands to knock off other payers blocks. The last participant to have both blocks balanced wins.

AGE:

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

TYPE OF ACTIVITY:

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:

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

TYPES OF SKILLS PRACTICED:

Balance
Coordination
Dodge
Strike
Track