

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Body Relay

Game Description:

A fun relay game!

Objective:

Work with your team to complete the relay!

Game Rules:

Split the children up into even teams. Place a large pylon across from each team. For each round of the game give the children a certain body part that they have to run to the pylon across from them and touch with that body part. For example, the first body part can be their elbow. When you yell go the first person on each team must run to the pylon across from them and touch the pylon with their elbow, run back and tag the next person on their team who then goes and does the same thing. Once everyone on the team has finished that body part round they all quickly sit down, to let the leader know their team is done. Play multiple rounds with different body parts. Their head, their foot, and get even sillier and say their butt!

Adaptations (optional):

Instead of running, add different locomotion skills.

AGE:

7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
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