

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Medicine Ball Relay

Game Description:

A great relay game that works on strength!

Objective:

Be the first team to complete the relay.

Game Rules:

Split the children up into even teams, and place a medicine ball across from each team. When you say go the first person in each line runs to the medicine balls, picks it up and slams it down, and then runs back and tags the next person in line. Once everyone on the team has finished that slamming down the medicine ball in that round they all quickly sit down, to let the leader know their team is done. Play the game with multiple rounds but have the children doing something different with the medicine ball, like lifting it above their head.

Adaptations (optional):

Use different size medicine balls for different aged children.

HOW MANY LEADERS ARE NEEDED:

2 Leaders

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)

Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility

Balance

Coordination

Run