

Fit Kids Healthy Kids – My Clipboard

Lesson 1 School of Fish

Game Description:

A fun way game to teach children different locomotion skills!

Objective:

Be the fish to find everyone in their school first!

Game Rules:

Give each child a specific locomotion movement in secret, whether it is galloping, skipping, running or jumping. Have all the children spread out, and when the game begins they must do that locomotion movement that was given to them while also looking for other members of their “school” that are doing the same movement. Once they find other members of their school, they move together to find all the people who are doing the same movement. Once a team has found everyone they can sit down to let the leader know they are finished!

AGE:

4 to 6 years
7 to 9 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)
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
Gallop
Hop
Jump
Rhythm
Run
Skip