

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Bath Time

Game Description:

A silly game game to get little ones moving!

Objective:

Begin the game with all the sponge balls (bubbles) in the middle and 4-6 buckets (drains) spread out around the room. When the instructors yells DRAIN, the kids pick up one bubble/ball at a time and bring it to the bucket, once all or almost all the bubbles are drained (in the buckets) the instructor yells BATH TIME and the kids run and sit in the middle. The instructors pick up the bucket of bubbles and dump them on the kids for bath time.

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:

2 Leaders

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:

Gallop
Hop
Jump
Run
Skip